DISSERTATION

FOR THE AWARD OF DEGREE

MASTER OF SCIENCE

SESSION 2023-2025

THE EFFECT OF SOCIAL MEDIA ON BODY IMAGE, SELF-ESTEEM, AND SOCIAL APPEARANCE ANXIETY AMONG YOUNG ADULTS

By

ANKITA BADOLA

DEPARTMENT OF CLINICAL PSYCHOLOGY

SANTOSH DEEMED TO BE UNIVERSITY

NO. 1, SANTOSH NAGAR, GHAZIABAD-201009,

DELHI NCR, INDIA

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List of Abbreviations

Abbreviation	Full Form
SMUS	Social Media Use Scale
RSES	Rosenberg Self-Esteem Scale
BISRS	Body Image Satisfaction Rating Scale
SAQ-A30	Social Anxiety Questionnaire for Adults
MBSRQ	Multidimensional Body-Self Relations Questionnaire
FOMO	Fear of Missing Out
SD	Standard Deviation
χ^2	Chi-Square (Chi-square statistic)
SAQ	Social Anxiety Questionnaire
BMI	Body Mass Index

INTRODUCTION

INTRODUCTION

In the 21st century, the widespread use of digital technology in modern culture has transformed how individuals, particularly young adults, construct their identities. The quietness of early introspection is now often replaced by the soft light of a smartphone screen, as individuals live increasingly dual lives—one rooted in offline reality and another carefully curated in virtual spaces. Previously private processes like identity exploration and self-reflection are now externalized through digital media. Algorithmic content, social validation mechanisms, and image-centric presentation norms have become deeply intertwined with traditional routes to personal development, such as community involvement and interpersonal relationships[1].

Social media platforms, once celebrated for enhancing connectivity and creativity, have evolved into powerful socio-cultural ecosystems that shape norms, redefine beauty standards, and quantify identity. For today's youth, platforms like Instagram, TikTok, and Snapchat serve not merely as tools for expression but as performance stages, where every post or image contributes to a digitally constructed and optimized version of the self—often enhanced by filters, editing apps, and strategic presentation[2].

In such spaces, self-worth is increasingly measured through likes, comments, shares, and follower counts—metrics that, while virtual, exert significant psychological influence[3]. Historically, identity formation was a gradual, experiential process built on personal interactions and authentic feedback[4]. Yet in this age of hypervisibility, identity development is increasingly rapid, performative, and at times distorted. Young adults are constantly exposed to idealized portrayals of beauty, success, and happiness—images that are not only seen but internalized as benchmarks against which personal worth is evaluated[5]. For many,

the first mirror consulted each day is not on the wall but on their smartphones, where the reflection seen is often filtered and curated. This type of digital "mirror" encourages perfectionism and selective self-presentation, impacting deeper emotional and cognitive processes such as body image, self-esteem, and appearance anxiety.[6].

As young adults navigate this critical life stage, they do so under the continuous scrutiny of both peers and the broader digital audience. Every scroll brings with it new ideals—of beauty, fitness, lifestyle—that appear effortlessly achieved yet remain out of reach. This encourages excessive social comparison, which frequently results in mental pain, uneasiness, and discontent.[7]. The overwhelming exposure to idealized images subtly reshapes not only one's self-concept but also behaviours tied to social presentation and self-monitoring. The concern is amplified due to the developmental timing; young adulthood is a phase of heightened emotional sensitivity, identity exploration, and belief formation[8]. When this period is defined by digital validation and public comparison, the risk of emotional vulnerability deepens.

These psychological constructs are not new, but their interaction with the digital realm has intensified in both scope and complexity. They are influenced not just by internal insecurities but by constant surveillance, virtual feedback, and societal expectations reinforced through media. Among the domains most affected by this digital interplay is body image—a construct foundational to the development of self-esteem and social appearance anxiety[9]. Exposure to edited and idealized visuals increasingly influences how individuals emotionally and mentally perceive their bodies[10]. Self-esteem, the overall evaluation of one's self-worth, is now often governed by social comparison and online validation[11]. Social appearance anxiety—defined as the fear of negative judgment based on physical appearance—is heightened in digital environments where personal presentation is not just common but demanded[12].

Understanding how these factors interact in the digital context is crucial, as they contribute not only to individual mental health challenges, including anxiety, depression, and disordered eating[13], but also to broader cultural shifts in communication, belonging, and identity formation. This study investigates how social media use shapes the self-concept of modern youth by examining the psychological impact of digital engagement. It moves beyond tracking online behaviour to explore how identity, confidence, and social comfort are being reshaped in a world where digital visibility and validation dominate. Focusing on three core constructs—body image, self-esteem, and social appearance anxiety—this research aims to reveal how digital environments influence both internal perceptions and external behaviours, ultimately affecting the psychosocial development of young adults[14]

Body Image

Body image is widely recognized as a complex, multifaceted psychological construct encompassing how individuals perceive, think, and feel about their physical appearance. It includes not only one's internal mental representation of bodily attributes — such as shape, size, and attractiveness — but also the emotional and behavioural responses these perceptions evoke. Scholars agree that body image is not an objective reflection of the body but a subjective interpretation influenced by a range of sociocultural and psychological factors[15].

Traditionally, body image is understood to comprise four key dimensions: perceptual (how one sees their body), cognitive (the thoughts and beliefs about one's appearance), affective (emotional reactions toward one's body), and behavioural (actions such as checking, comparing, or avoiding based on appearance concerns) [15]. These dimensions interact to shape how an individual experiences their physical self in everyday life.

In the contemporary era, particularly with the advent of image-saturated digital platforms, the formation of body image has become increasingly externalized and socialized. Platforms such as Instagram, TikTok, and Snapchat amplify appearance-focused content, placing disproportionate emphasis on aesthetic appeal. On these platforms, users are continuously exposed to images of idealized beauty, which are often digitally enhanced or carefully curated to conform to dominant appearance norms — including slimness, muscularity, flawless skin, or stylized fashion[16].

One of the most influential frameworks in body image research is the Tripartite Influence Model, which posits that media, peers, and family are the primary sources of appearance-related pressure. These pressures influence body image through two main psychological processes: internalization of beauty ideals and appearance-based social comparison[17]. In the case of social media, this model becomes especially relevant, as platforms effectively combine all three sources of influence into a single environment: media (through influencers and celebrities), peers (through peer-shared content), and family (through digital interactions).

Young adults are especially susceptible to body image disturbances due to their developmental stage, which involves heightened self-consciousness and identity exploration. The interactive and public nature of social media engagement often encourages users to evaluate their own appearance against that of others, a process known as upward social comparison. Research suggests that such comparisons — particularly to idealized or edited images — often result in feelings of body dissatisfaction, which is characterized by negative evaluations of one's own appearance and a desire to change or conceal aspects of the body[18].

Body dissatisfaction is more than a fleeting feeling of discontent; it is a risk factor for a variety of mental health concerns, including low self-esteem, depressive symptoms, anxiety,

and disordered eating behaviors[19]. The constant availability of comparison stimuli, paired with algorithmic reinforcement of certain beauty norms, contributes to an environment where users — particularly young adults — may feel inadequate or pressured to conform. This can lead to excessive body-checking, photo editing, and avoidance behaviors, further entrenching negative self-perceptions.

Conversely, a positive body image is characterized not merely by satisfaction, but by body appreciation, respect for one's body regardless of societal ideals, and the rejection of appearance-based self-worth. Promoting positive body image has been shown to contribute to greater resilience, emotional well-being, and healthier lifestyle behaviors[16]

Self-Esteem

Self-esteem is a person's overall assessment of their own value, or how much they believe they are capable, worthwhile, and worthy of respect. It is a central component of self-concept and psychological functioning, influencing how individuals interpret experiences, regulate emotions, and interact with others[20]. Self-esteem can be either stable and intrinsic, grounded in a secure sense of self, or fragile and externally driven, depending on factors such as developmental experiences, social relationships, and contextual feedback[21].

Rosenberg (1965) originally defined self-esteem as a relatively stable trait that reflects a person's overall feeling of self-acceptance and self-respect. High self-esteem contributes to greater emotional resilience, goal pursuit, and interpersonal satisfaction, whereas low self-esteem is frequently associated with anxiety, depression, self-doubt, and social withdrawal[20]. During young adulthood, a phase marked by exploration of identity, autonomy, and social roles, self-esteem is particularly sensitive to environmental inputs — including those from social media.

In the digital age, the nature of self-esteem has become increasingly performance-oriented. Social networking platforms offer quantifiable feedback through likes, shares, and comments, which many users interpret as indicators of social validation. While positive feedback can enhance confidence, dependence on such external approval can give rise to contingent self-esteem — where self-worth fluctuates based on others' responses, rather than internal beliefs[22].

This pattern is explained by Sociometer Theory, which conceptualizes self-esteem as an internal gauge that monitors the degree to which an individual feels included or excluded by others[23]. In online environments, where visibility and peer recognition are public and immediate, individuals may begin to associate their value with their online engagement metrics. For example, a low number of likes on a photo may be interpreted as rejection, causing feelings of embarrassment or unworthiness.

Furthermore, the comparison culture promoted by social media further complicates the development of healthy self-esteem. Users are regularly exposed to curated portrayals of others' success, beauty, relationships, and lifestyles. These highlight reels rarely reflect reality but often serve as standards for self-evaluation. Studies show that frequent exposure to such content can trigger upward social comparisons, where individuals perceive themselves as inferior to others, thereby negatively impacting their self-esteem[24].

Low self-esteem, in turn, may lead to increased self-monitoring, heightened sensitivity to criticism, and avoidance of social risks — behaviours that further isolate individuals and reinforce negative self-perceptions[25]. On the other hand, individuals with high, stable self-esteem tend to interpret ambiguous social cues more positively, are less influenced by social comparison, and are more resilient in the face of online rejection or negativity[26].

Social Appearance Anxiety

Social appearance anxiety is a type of social anxiety that refers to the fear of being adversely assessed by others because of one's physical appearance. Unlike general social anxiety, which centers on fears related to performance or behaviour in social situations, social appearance anxiety focuses specifically on how one's body, facial features, weight, or general attractiveness may be judged[27]. This anxiety often arises in contexts where appearance is visible and open to scrutiny — whether in public, social gatherings, or increasingly, in digital environments.

The construct is rooted in the appearance-based component of self-consciousness, where individuals are overly aware of how they may be perceived by others visually. It is most commonly observed in adolescence and young adulthood, stages marked by increased attention to body image, peer evaluation, and social inclusion. People experiencing high levels of social appearance anxiety may constantly worry about how they look, engage in avoidance behaviors (e.g., not posting photos, declining invitations), or excessively monitor their appearance through mirrors, photos, or filters[28].

With the rise of image-centric social media platforms, this anxiety has found new digital territory. Platforms such as Instagram and TikTok not only encourage users to share visual representations of themselves but also provide instant feedback through likes, comments, and views. These features transform self-presentation into a performance, where individuals are not only seen but evaluated — often by large and sometimes unknown audiences[29].

In this environment, users may feel compelled to curate and edit their images, select flattering angles, or delay posting until they feel they meet certain aesthetic standards. While such behaviors are widespread and often normalized, they may also contribute to heightened appearance preoccupation and distress. For those already sensitive to how others perceive

them, the public and permanent nature of social media content may increase the fear of judgment and criticism, deepening the experience of social appearance anxiety[30].

Objectification Theory offers a theoretical framework for understanding this phenomenon. According to the theory, individuals — particularly women — are socialized to internalize an observer's perspective of their body, leading them to view themselves as objects to be evaluated rather than subjects of lived experience[31]. This process, known as self-objectification, can lead to chronic body surveillance, appearance anxiety, and reduced mental health. In online contexts where visual self-presentation is central, this tendency becomes magnified.

Empirical studies demonstrates the relationship between social media use and increased social appearance anxiety. Studies have found that individuals who engage more frequently with appearance-based content, such as selfies, beauty influencers, or fitness accounts, tend to report higher levels of appearance-related fears[32]. Furthermore, users with high social appearance anxiety often engage in more photo manipulation, avoid posting images without filters, and experience distress when their posts do not receive expected levels of engagement[33].

The implications of social appearance anxiety extend beyond digital spaces. It can contribute to social withdrawal, interpersonal discomfort, and reduced participation in academic, professional, or recreational settings. When combined with negative body image and low self-esteem, it may form a triad of psychological vulnerabilities that increase the risk of depression, eating disorders, and generalized anxiety.

Interrelationship of Variables

The constructs of body image, self-esteem, and social appearance anxiety are conceptually distinct but psychologically intertwined, particularly within the sociocultural environment

shaped by modern digital media. Rather than functioning independently, these constructs are understood to exist in a reciprocal and reinforcing relationship, wherein changes in one dimension may intensify vulnerabilities in another. This interdependency is especially evident among young adults, whose psychosocial development is influenced by both internal identity formation and external social evaluation.

One of the central mechanisms in this interplay is the perceived discrepancy between actual self and ideal self, particularly in terms of appearance. Individuals who perceive their physical appearance as falling short of socially desirable standards often report lower levels of self-esteem[34]. This is because appearance-related self-appraisals are a salient component of self-worth in young adulthood, a period marked by heightened concerns about attractiveness, peer approval, and social desirability[35].

This decline in self-esteem due to body dissatisfaction may heighten individuals' susceptibility to appearance-based social anxiety, particularly in contexts where their physical presentation is subject to evaluation. Those with fragile or unstable self-worth are more likely to experience hyperawareness of their appearance, and consequently, fear negative judgment from others. This often leads to behaviours such as image modification, social withdrawal, or emotional distress in response to perceived scrutiny[36].

The visual-centric nature of social media significantly intensifies this dynamic. Unlike traditional face-to-face settings, online platforms encourage users to present highly controlled versions of themselves, making appearance one of the primary currencies of social acceptance. In these contexts, users may begin to rely on feedback such as likes, comments, or followers to validate their appearance. When such validation is insufficient or inconsistent, it may reinforce insecurities, causing further deterioration in self-esteem and increasing the likelihood of appearance-related anxiety[37].

Moreover, these three constructs — body image, self-esteem, and social appearance anxiety — often operate within a feedback loop. For example, dissatisfaction with one's appearance may lead to a drop in self-esteem. Lower self-esteem may heighten fears of being judged or rejected, contributing to anxiety in social situations. In turn, heightened anxiety can lead to avoidance behaviors or increased self-surveillance, further exacerbating body dissatisfaction[38]. This cycle can be particularly damaging for young adults, who may lack the coping strategies or critical awareness needed to disengage from harmful comparison patterns or validation-seeking behaviors.

Gender, cultural background, and personal history also mediate this interaction. Studies indicate that females are more likely than males to internalize beauty standards and experience negative outcomes such as disordered eating, body shame, and self-objectification[39]. However, recent findings also suggest that male users are increasingly vulnerable to similar effects, especially with rising exposure to muscularity ideals and performance-based comparisons[40]. In collectivist cultures, the pressure to adhere to group-based appearance norms — combined with familial expectations — may further intensify appearance-related concerns and emotional insecurity[41].

Critically, the speed and intensity with which these processes occur in online environments represent a unique challenge. Traditional identity development unfolds over time and is informed by feedback from trusted relationships. In contrast, digital self-presentation is often shaped by instant, anonymous, and algorithmic validation, leading to more volatile self-perceptions. This heightened visibility, paired with the pressure to conform to evolving beauty trends, contributes to a social environment where psychological vulnerability becomes normalized.

Need for the Present Study and Conceptual Significance

The rapid evolution of social media has significantly altered how young adults perceive themselves, construct their identities, and seek validation. Unlike past generations, today's youth interact within a highly visual, performance-based environment where physical appearance is constantly exposed to social evaluation. While research has explored the psychological effects of social media, much of it focuses on isolated variables, lacking an integrated approach that captures the simultaneous influence of body image, self-esteem, and social appearance anxiety[42]

These three constructs often interact within a feedback loop, where dissatisfaction with appearance lowers self-esteem and heightens anxiety related to public judgment. This cycle is particularly prominent in young adults, whose emotional and cognitive development makes them more sensitive to peer comparison and perceived social rejection[43]. As visual content dominates social interactions online, the influence of appearance-based feedback becomes a central factor in shaping self-worth.

Moreover, most existing studies are rooted in Western contexts, overlooking cultural dynamics specific to countries like India. In such settings, youth navigate the pressure to conform to both global beauty ideals and traditional cultural expectations — creating a dual burden that may intensify psychological vulnerability[44]. Colorism, gendered beauty norms, and social class also play roles in defining what is considered desirable, yet these factors remain underexplored[45].

Scope of the study

This study focuses on young adults aged 18 to 25 years, as they are among the most active users of social media and are developmentally sensitive to issues related to body image, self-esteem, and social evaluation. The target population includes 404 college students from selected colleges in Uttar Pradesh, India.

The study will be conducted in a non-Western cultural context, specifically in India, to address the existing research gap where most prior studies have primarily focused on Western populations. This will help in understanding how cultural factors influence the psychological effects of social media.

The research will assess the effect of social media usage on three main psychological aspects: body image satisfaction, self-esteem, and social appearance anxiety. All three variables will be studied simultaneously, unlike previous studies that often focus on them individually.

The scope also includes both passive use (such as scrolling through content) and active participation (such as posting selfies, interacting with others, and engaging in online communities). This allows for a more comprehensive understanding of how different types of social media behavior affect psychological well-being.

REVIEW OF LITERATURE

REVIEW OF LITERATURE

Social media has emerged as a powerful force shaping the thoughts, emotions, and behaviors of young adults. With constant exposure to curated images, idealized appearances, and peer comparisons, platforms like Instagram, Snapchat, and TikTok have significantly influenced users' perception of their own body image and self-worth. Young adults, being in a transitional phase of identity formation and social sensitivity, are particularly vulnerable to the psychological effects of social media.

This influence can be both direct and indirect — through exposure to beauty standards, validation through likes and comments, and fear of negative judgment. As a result, increased social media usage has been associated with distorted body image, lower self-esteem, and heightened social appearance anxiety. These variables are deeply interconnected and impact young individuals' mental and emotional well-being.

Numerous studies conducted over the past decade have explored the psychological impact of social media usage on youth, especially focusing on its role in body dissatisfaction, self-perception, and fear of negative evaluation in social settings. This review of literature aims to examine and synthesize research findings to better understand how social media contributes to these mental health outcomes in young adults.

The review of literature is dated from the year 2015 to 2025.

Vaishnu V. et al. (2025) conducted a study to examine the impact of social media addiction on body image, appearance anxiety, and relationship satisfaction among young adults in Kerala, India. A total of 150 participants aged 18–23 years were assessed using the Bergen Social Media Addiction Scale, the Body Self-Image Questionnaire – Short Form, the Burns Relationship Satisfaction Scale, and the Appearance Anxiety Scale. The findings revealed a positive relationship between social media addiction and body self-image, while no significant relationship was found with appearance anxiety or relationship satisfaction. The study highlights the complex role of social media, suggesting that digital platforms may sometimes reinforce positive self-perceptions depending on individual and contextual factors.

Bhasin et al. (2025) investigated the impact of social media addiction on body self-image and relationship satisfaction among 152 young adults in India. Using standardized scales such as the Bergen Social Media Addiction Scale and Body Self-Image Questionnaire, the study found a significant positive correlation between social media addiction and body self-image, indicating that higher social media use may enhance body perception. However, no significant correlations emerged between relationship satisfaction and either body image or social media addiction. These findings suggest a complex relationship between social media

use and self-perception, challenging assumptions about its purely negative effects.

Khatri et al. (2024) Khatri et al. (2024) examined body image concerns among 120 young adults from Delhi-NCR based on their level of social media usage. The results showed no significant difference in body image between individuals who used social media for less than five hours and those who used it for more than five hours per day, suggesting that individual psychological or contextual factors may play a larger role in shaping body image perceptions than social media usage alone.

Diya Goyal et al. (2024) conducted a study to examine the impact of social media addiction on body image, appearance anxiety, and relationship satisfaction among 150 young adults in Kerala, India. Standardized tools were used for assessment, including the Bergen Social Media Addiction Scale and Body Self-Image Questionnaire – Short Form. The findings revealed a **positive relationship with body image**, but **no significant association** with appearance anxiety or relationship satisfaction. The study suggests that social media may enhance self-perception in certain contexts, depending on individual and situational factors.

Kashish Arora et al. (2024) conducted a study to investigate the impact of social media on body image dissatisfaction and cyberbullying among young adults aged 18 to 24. The research focused on how platforms like Instagram and Snapchat promote unrealistic beauty standards, leading to social comparison and body

dissatisfaction. The study also examined the frequency and psychological effects of cyberbullying. Findings emphasize the need to address the negative influence of social media on body image and to develop strategies that promote body positivity and well-being in youth.

Sharma et al. (2024) conducted research predicting body image dissatisfaction from social media use and peer comparison among adolescents and young adults in the *Journal of Adolescent and Youth Psychological Studies*. They found that **higher social media usage and peer comparison significantly predicted body dissatisfaction**

Tripathi and Jain (2024) found a strong positive correlation between frequent social media use and anxiety among young adults. Their study highlighted that **comparison-based content** and **negative interactions** significantly increased anxiety levels, while **positive engagement** on social media helped reduce it. The findings emphasize the need to promote responsible and healthy social media habits to protect youth mental health.

Tian Tian et al. (2023) examined the impact of social media on women's body image anxiety. The study, based on a literature review and surveys across different age groups, found that exposure to idealized beauty standards increases body dissatisfaction, low self-esteem, and anxiety. It highlights the need for interventions by individuals, social media platforms, and society to create a more inclusive and positive online environment.

Hala Abd Ellati et al. (2023) explored the relationship between social media use, self-esteem, and personality traits among 385 young adults aged 18 to 26 in Saudi Arabia. Using established scales for personality, self-esteem, and social media use, the study found a positive correlation between social media and self-esteem. It also revealed that personality traits differently influenced social media usage and self-esteem levels.

Pratiwi et al. (2023) conducted a qualitative study exploring Malay perceptions of body image, self-esteem, and popularity on social media through in-depth interviews with two ethnic Malay participants. The findings revealed that both participants maintained a fairly positive body image and were satisfied with their appearance despite recognizing some imperfections. Their positive body image contributed to overall self-esteem, which was understood as a broader evaluation of the self beyond physical looks. This study provides culturally specific insights but is limited by its small sample size.

Parashar et al. (2023) explored the relationship between social media usage and social anxiety among 140 college students aged 18–25. Using convenience sampling and standardized tools—the Social Media Usage Integration Scale and Liebowitz Social Anxiety Scale—they found a significant positive correlation between social media use and social anxiety. The study highlighted that increased social media engagement was linked to greater social anxiety fear and avoidance. These findings align with prior research connecting social media use to mental

health issues like anxiety and depression, underscoring the negative psychological impact of excessive social media use among young adults.

Lai et al. (2023) conducted a study to examine the relationship between different types of social media use and social anxiety among 1,740 college students in China, also exploring the mediating role of communication capacity. They found that passive social media use was positively correlated with social anxiety, while active use was negatively correlated. Communication capacity partially mediated these relationships, suggesting that improving communication skills may reduce social anxiety linked to social media use.

Khan et al. (2023) explored the impact of social media on self-esteem and body image concerns among youth. The study found no significant link to self-esteem, but a strong correlation with body image concerns, especially in females. These findings highlight social media's greater effect on body image than on self-esteem and the importance of considering gender differences.

Khandelwal et al. (2023) investigated how social media usage relates to body image concerns, self-esteem, eating disorder symptoms, and perceived social support among 200 Indian young adults aged 18–25. The study found that higher social media use was significantly associated with increased body image concerns and decreased self-esteem and perceived social support—though it didn't directly predict eating disorder symptoms once other factors were controlled

Singh et al. (2023) explored gender differences in social media's influence on lifestyle behaviors and body image among young adults in Chandigarh. They discovered that image-based social media use was linked to negative body image, especially among females, and that excessive social media use was associated with sedentary habits and poor sleep hygiene.

Naz et al. (2023) investigated the impact of body appreciation and social appearance anxiety on life satisfaction among 600 young adults aged 18–41 from Islamabad and Rawalpindi. Using standardized scales, the study found a significant positive correlation between body appreciation and life satisfaction, while social appearance anxiety negatively predicted life satisfaction. Additionally, females reported higher social appearance anxiety compared to males. The findings emphasize the importance of body appreciation in enhancing life satisfaction and highlight gender differences in appearance-related anxiety among young adults.

Zhong et al. (2022) explored how social media use on Xiaohan's influences appearance anxiety and body image disturbance in female college students. The study found that internalizing "ideal beauty" and engaging in social comparisons increase body image concerns, showing how social media shapes young women's perceptions of appearance.

Molina Ruiz et al. (2022) conducted a study on the impact of Instagram use on body image and self-esteem among Spanish young adults. The study found that

increased exposure to idealized images was positively correlated with body dissatisfaction and low self-esteem, especially when driven by appearance-based social comparison.

Khan et al. (2022) explored the relationship between social media use, self-esteem, social appearance anxiety, and social relationships in young adults. Findings revealed that higher social media usage was linked to increased social appearance anxiety, which negatively affected self-esteem and social interactions.

Fatima et al. (2022) conducted research on 128 Indian adolescents (quota sampling) examining the relationship between social media use, self-esteem, and body image perception. They found a strong negative correlation between social media use and self-esteem, while effects on body image were not statistically significant

Vikram et al. (2022) analyzed data from 132 adolescent students in Bangalore and found that increased social media use was significantly associated with lower self-esteem (-.308) and poorer body image satisfaction (-.516), with girls reporting more concerns .

Sharma and Mehta (2022) explored the role of peer comparison in their study of 491 Indian university students. Their results indicated that social media use and peer comparison significantly predicted body image dissatisfaction, suggesting social comparison may be a key mechanism.

Salim et al. (2021) examined the relationship between social anxiety, happiness, intimacy, and social media addiction among university students in Kuala Lumpur. Using an online survey of 340 students, the study found that **social anxiety, happiness, and intimacy were strongly related to social media addiction**. The findings suggest that excessive social media use may compensate for limited traditional social skills but can also reinforce addictive patterns. The study emphasized the psychological complexities of social media addiction and recommended balanced use alongside mental health support.

Patel et al. (2021) examined social media's influence on body image dissatisfaction and self-esteem among Indian college students. Their findings showed that increased social media exposure was significantly associated with higher body dissatisfaction and lower self-esteem, especially among females. The study highlighted that social comparison and exposure to appearance-focused content were key contributors. It emphasized the need for awareness about the psychological impacts of social media. The authors suggested interventions to promote positive body image among youth.

Singh et al. (2021) explored the psychological effects of social media addiction on university students in Delhi. The study found strong positive correlations between excessive social media use and anxiety, depression, and social appearance anxiety. These mental health challenges were more pronounced in students who engaged in higher social comparison online. The research

recommended mental health support and digital literacy programs to mitigate these effects. It stressed the importance of balanced social media use for well-being.

Kumar et al. (2020) researched social media usage patterns among Indian adolescents and their effects on self-esteem and social anxiety. The study revealed that passive consumption of social media content was linked to lower self-esteem and increased social anxiety, largely mediated by social comparison tendencies. Active engagement showed less negative impact. The authors discussed the psychological mechanisms behind these relationships and advocated for educational interventions. The findings highlight social media's complex influence on adolescent mental health.

Verma et al. (2020) investigated Instagram's impact on body image perceptions in young Indian women. Results demonstrated that frequent exposure to idealized images led to increased body dissatisfaction and appearance-related anxiety. This effect was mediated by the internalization of unrealistic beauty standards promoted on social media. The study called for promoting media literacy and self-compassion to counteract these negative influences. It highlighted the role of social media in shaping young women's body ideals. The authors urged for inclusive representation in media content.

Keles et al. (2019) conducted a systematic review examining the impact of social media on adolescent and young adult mental health. They found consistent

evidence that **excessive** social media use is associated with increased depression, anxiety, and body image concerns. Social comparison and cyberbullying were identified as key mediating factors. The review emphasized the importance of understanding individual differences and promoting healthy social media habits.

Patel et al. (2018) examined social media's impact on body image dissatisfaction and self-esteem among Indian college students. They found that frequent social media use correlated with higher body dissatisfaction and lower self-esteem, especially in female students, highlighting the role of social comparison in the Indian context.

Fardouly et al. (2018) explored the effects of appearance-related social media use on women's body image and self-esteem. Their experimental studies showed that exposure to idealized images on social media led to immediate decreases in body satisfaction and mood, especially in young women prone to appearance comparison. The findings highlight the role of social media in reinforcing unrealistic beauty standards.

Andreassen et al. (2016) investigated the relationship between social media addiction and psychological well-being among young adults. Their findings revealed that higher levels of social media addiction correlated with increased anxiety, depression, and lower life satisfaction. The authors stressed the need for early identification and intervention strategies to address problematic social media use.

Huang et al. (2016) examined the association between social media use and social anxiety in college students. Results indicated that passive social media use was linked to higher social anxiety, mediated by increased social comparison and fear of missing out (FoMO). The study called for awareness programs to promote healthier social media engagement.

Tiggemann et al. (2015) examined the relationship between Facebook use and body image concerns among young women in Australia. They found that frequent Facebook use, especially photo-related activities, was linked to increased body dissatisfaction and drive for thinness. Social comparison mediated these effects, suggesting that appearance-focused social media use negatively affects body image.

Gap Analysis

Many numerous studies have investigated individual factors such as body image, self-esteem, and social appearance anxiety, few have examined the combined influence of social media on all three dimensions, particularly among young adults. This integrated approach is essential to understand the multifaceted psychological effects of social media engagement.

Moreover, most of the existing research has predominantly focused on Western populations, thereby limiting the generalization of findings to non-Western or

multicultural settings such as India. Given the unique sociocultural and familial structures in Indian society, localized studies are crucial to accurately assess the psychological implications of social media in this context.

Furthermore, current literature tends to emphasize passive social media consumption, such as scrolling, while under-exploring the potential impact of active engagement—like posting content or participating in online communities—on individuals' body image and self-perception. The present study aims to address these gaps by investigating the comprehensive effects of social media use on self-esteem, body image, and social appearance anxiety among Indian youth, thereby contributing to a more inclusive and contextually relevant understanding of these psychological constructs.

AIM AND OBJECTIVES

Aim

- To assess the relationship of social media usage with body image, self-esteem, and social appearance anxiety among young adults.

Objectives

1. To study the level of social media usage on body image, self-esteem, and social appearance anxiety among young adults.
2. To assess the relationship between social media usage and body image, self-esteem, and social appearance anxiety among young adults.

MATERIALS AND METHODS

MATERIALS AND METHODS

Research Question

Is there a relationship between the social media usage with body image, self-esteem, and social appearance anxiety in young adults?

Hypothesis

H1 There will be significant relationship between social media with body image.

H0 There will be no significant relationship between social media with body image.

H2 There will be significant relationship between social media with self-esteem.

H0 There will be no significant relationship between social media with self-esteem.

H3 There will be significant relationship between social media with social appearance anxiety.

H0 There will be no significant relationship between social media with social

Study Design

This study will use a cross-sectional design to assess the effect of social media on body image, self-esteem, and social appearance anxiety among young adults. Data will be collected at a single point in time to evaluate the associations between social media usage and the targeted psychological variables.

ETHICAL CONSIDERATION

The ethics committee of Santosh Deemed to be university, Ghaziabad, Uttar Pradesh, approved this work. The study ensured data confidentiality and privacy, with participants' informed consent and collaboration from relevant authorities. It aimed to identify early markers of difficulties in the target group, enabling timely intervention measures for educators and clinicians. Participants were fully aware of withdrawal rights.

Sample size: The study will include a total of 404 college students.

Sampling Method: A purposive sampling technique will be utilized to select participants. This non-probability sampling method allows for the deliberate selection of individuals who meet specific inclusion criteria relevant to the study objectives, ensuring that the sample accurately reflects the target population of interest.

Inclusion Criteria:

Age group: Participants aged between 18 and 26 years.

Occupation: Currently enrolled college students.

Social media activity: Individuals who actively use social media platforms on a daily basis (at least once per day).

Consent: Participants who voluntarily provide informed consent to participate in the study after being fully informed about its purpose and procedures.

Exclusion Criteria:

Psychiatric conditions: Individuals diagnosed with any existing psychiatric disorders or currently receiving treatment for mental health issues, to avoid confounding effects related to psychological status.

Physical disability: Participants with physical disabilities that might interfere with the ability to participate fully in study activities or assessments.

Other considerations: Individuals who do not provide consent or are unable to comprehend the study requirements.

Tools Used

After completing the consent form and preliminary identification data sheet, the following standardized test measures was administered:

1. **Social Media Use Scale (SMUS)**
2. **Rosenberg Self-Esteem Scale:**
3. **Body Image Satisfaction Rating Scale**
4. **Social Anxiety Questionnaire for Adults (SAQ-**A30)

PRELIMINARY IDENTIFICATION DATA SHEET

After the consent form preliminary identification data sheet was filled up which was also developed exclusively for this study purpose. The preliminary identification data sheet comprises of questions related to socio-demographic details, family details and educational details of the subject or samples.

CONSENT FORM

This study uses a consent form to ensure ethical standards and voluntary participation, providing participants with detailed information about the study's goals, methods, risks, and benefits. This consent form is in both languages Hindi and English.

The **Social Media Use Scale (SMUS)**, developed by Marino et al. (2017), is a self-report tool used to assess social media behavior over the past week. It includes 17 items that

measure how often individuals engage in specific activities on platforms like Facebook and Instagram, excluding direct messaging. Each item is rated on a 9-point scale, ranging from 1 (Never) to 9 (Hourly or more). The scale is divided into four subscales: Image-Based (items 1–5), Comparison-Based (items 6–8), Belief-Based (items 9–12), and Consumption-Based (items 13–17). These categories reflect different motivations for social media use, such as self-presentation, comparison with others, moral or belief expression, and passive content consumption. Scoring involves averaging the responses within each subscale. The SMUS helps researchers and professionals understand patterns of use and potential psychological impacts, including body image concerns, ethical engagement, and social comparison[79].

The **Rosenberg Self-Esteem Scale (RSES)**, developed by Morris Rosenberg in 1965, is a widely used tool to measure an individual's overall self-esteem, which reflects their sense of self-worth and self-acceptance. The scale consists of 10 statements that participants rate on a 4-point Likert scale, ranging from strongly agree to strongly disagree. It includes both positive and negative items to provide a balanced assessment and reduce response bias. Scores are calculated by assigning numerical values to responses, with higher scores indicating higher self-esteem. The RSES has demonstrated strong reliability and validity across diverse populations and is frequently used in psychological research and clinical practice. It helps to identify low self-esteem, which is linked to various mental health conditions like depression and anxiety. Despite being a self-report measure and susceptible to some biases, it remains a valuable tool for evaluating self-esteem and guiding therapeutic interventions[80].

The **Body Image Satisfaction Rating Scale**, commonly used in research and clinical settings, contains 18 questions designed to assess an individual's satisfaction with their body and appearance. While multiple versions of body image scales exist, one widely

referenced scale with 18 items evaluates satisfaction across different aspects of body image, including overall appearance and specific body parts. Each question is rated on a 5-point Likert scale, typically ranging from 1 (very dissatisfied) to 5 (very satisfied), allowing respondents to express varying levels of contentment with their body. The total score for the scale ranges from 18 (minimum) to 90 (maximum), with higher scores indicating greater body satisfaction. This scale is often used to identify individuals experiencing body dissatisfaction, which may be linked to psychological issues such as low self-esteem or eating disorders. Though the specific developer of the 18-item version may vary, such scales are based on principles from foundational body image assessments like the Body Shape Questionnaire (BSQ) and the Multidimensional Body-Self Relations Questionnaire (MBSRQ)[81].

The **Social Anxiety Questionnaire for Adults (SAQ-A30)**, developed by Caballo et al. (2010), is a self-report tool designed to assess the level of unease, stress, or nervousness individuals experience in various social situations. The questionnaire contains 30 items, each rated on a 5-point scale (1 = Not at all to 5 = Very high/extremely high). Respondents rate how anxious they feel (or would feel) in each situation. The items are grouped into five dimensions: (1) Interactions with strangers, (2) Speaking in public/Talking with authority, (3) Interactions with the opposite sex, (4) Criticism and embarrassment, and (5) Assertive expression of annoyance/displeasure. Scores from each dimension are summed to analyze specific social anxiety areas, and the total score reflects overall social anxiety. This tool helps in identifying socially anxious patterns and is commonly used in research and clinical assessments[82].

Statistical Analysis

Data were entered and analyzed using IBM SPSS version 21.

- Descriptive statistics (means, standard deviations, frequencies, percentages) were used to summarize demographic characteristics and questionnaire scores.
- Chi-square tests (χ^2) were conducted to examine the associations between categorical demographic variables (e.g., gender, age, family type) and levels of social media influence on body image, self-esteem, and social appearance anxiety among young adults.

RESULTS

RESULTS

This research was conducted with the aim of assessing the relationship of social media usage with body image, self-esteem, and social appearance anxiety among young adults. For this purpose, the data was analysed using the Chi-square test.

Table 1: Tabular result of the total number and percentage of respondents in terms of Age.

Age	Frequency (N)	Percentage (%)
19-22	220	54.46%
23-26	184	45.54%
TOTAL	404	100%

The majority of participants were aged 19–22 years (54.46%), followed by those aged 23–26 years (45.54%) (Table 1).

Figure 1: Age-wise distribution of participants (N = 404).

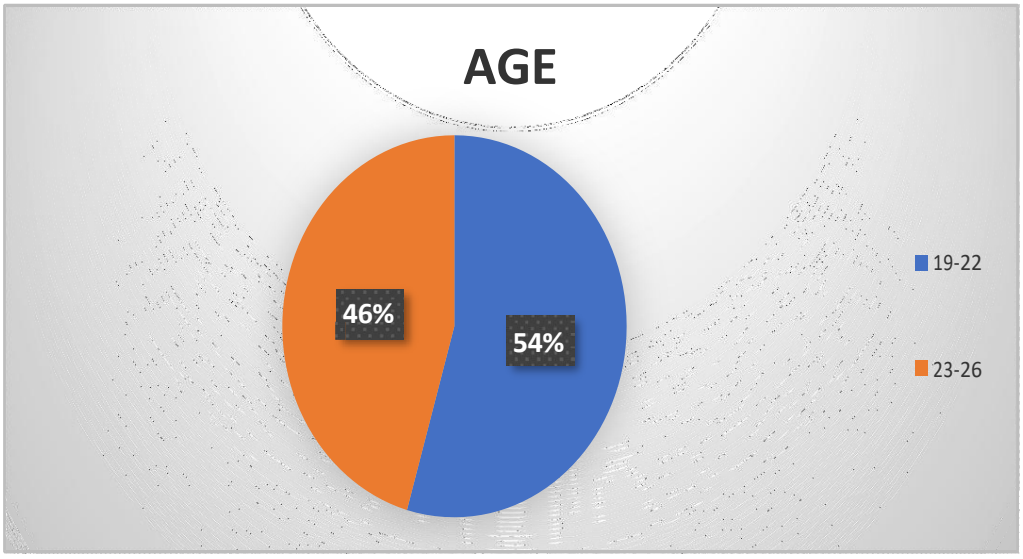


Table 2: Tabular result of the total number and percentage of respondents in terms of gender.

Gender	Count (N)	Percentage
Male	198	49.01%
Female	206	50.99%
Total	404	100%

Gender distribution was nearly equal, with 50.99% females and 49.01% males (Table 2).

Figure 2: Gender distribution of participants (N = 404).

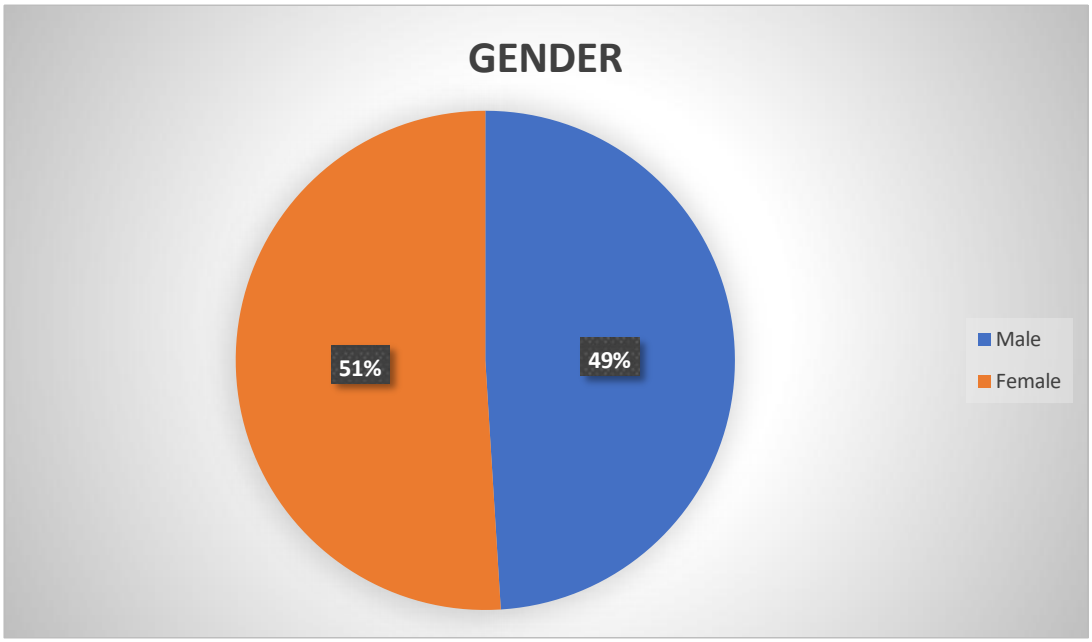


Table 3: Tabular result of the total number and percentage of respondents in terms of Family Type.

Family Type	Count (N)	Percentage
Nuclear	255	63.12%
Joint	149	36.88%
Total Entries	404	100%

Regarding family structure, most participants belonged to nuclear families (63.12%), while the rest came from joint families (36.88%) (Table 3).

Figure 3: Distribution of participants by family type (N = 404)

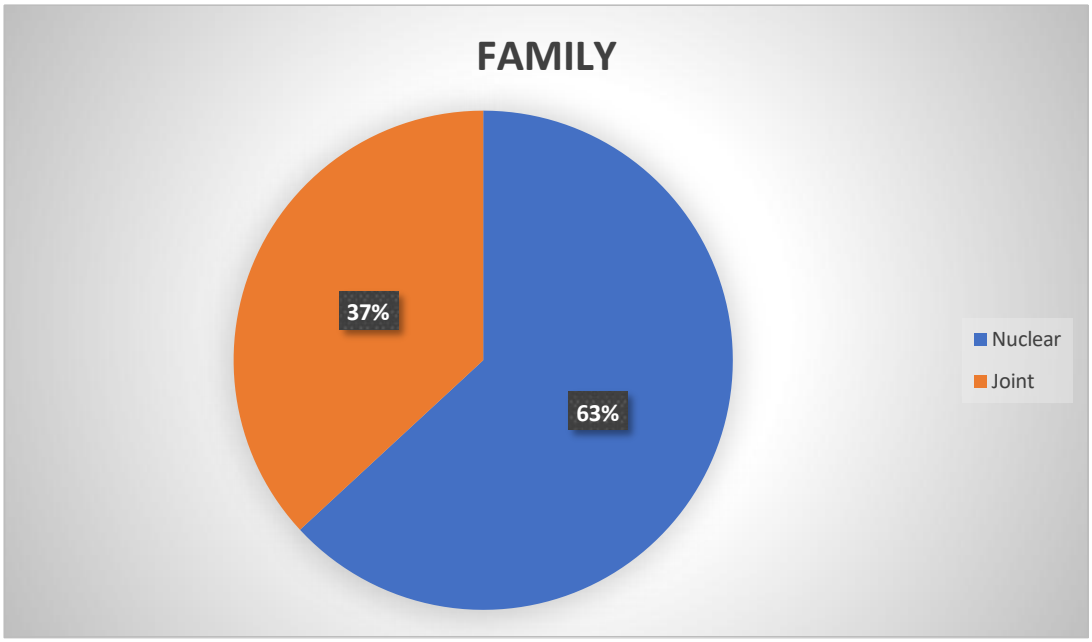


Table 4 : Distribution of young adults by Social Media Use Scale

SMUS	Frequency	Percentage
Tie	36	8.9%
Image based	82	20.5%
Comparsion based	83	20.5%
Belief based	70	17.3%
Consumption	133	32.9%
Total	404	100%

Participants displayed varied styles of social media usage. The most common was consumption-based (32.9%), followed by comparison-based (20.5%), image-based (20.5%), belief-based (17.3%), and tie usage style (8.9%) (Table 4).

Figure 4 : Social media use styles reported by participants (N = 404).

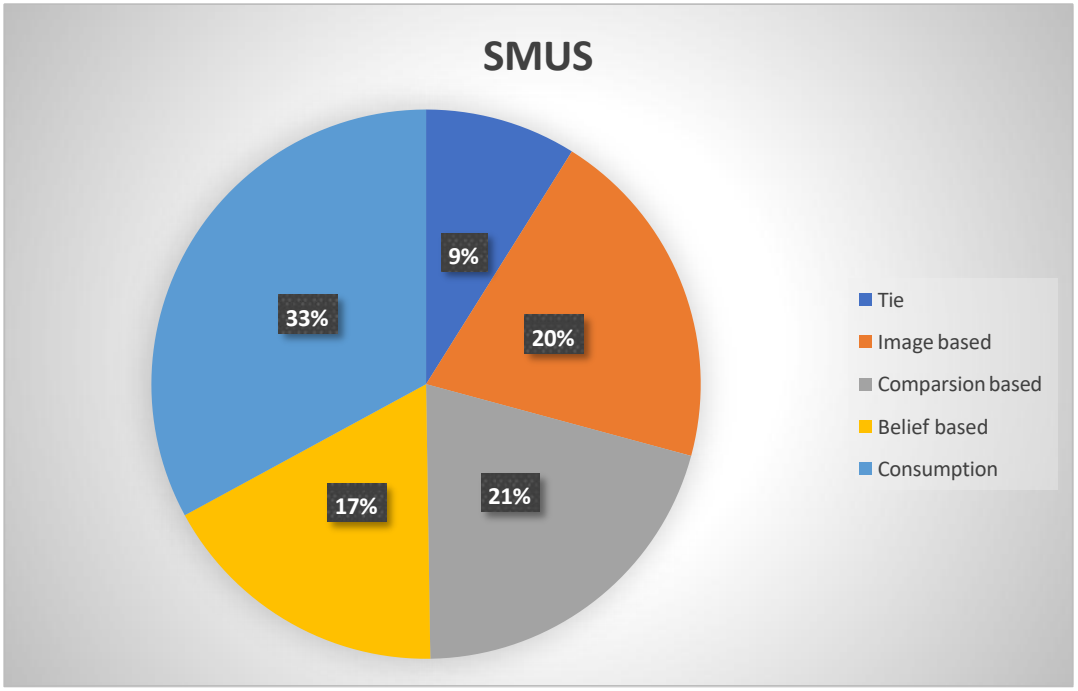


Table 5 : Distribution of young adults by Body Image Satisfaction Rating Scale (BISRS)

BISRS	FREQUENCY	PERCENTAGE
HIGH	55	13.6%
LOW	35	8.7%
MODERATE	314	77.7%
TOTAL	404	100%

According to the Body Image Satisfaction Rating Scale (BISRS), 77.7% of participants reported moderate satisfaction, while 13.6% had high and 8.7% had low satisfaction (Table 5).

Figure 5: Body image satisfaction levels based on BISRS (N = 404).

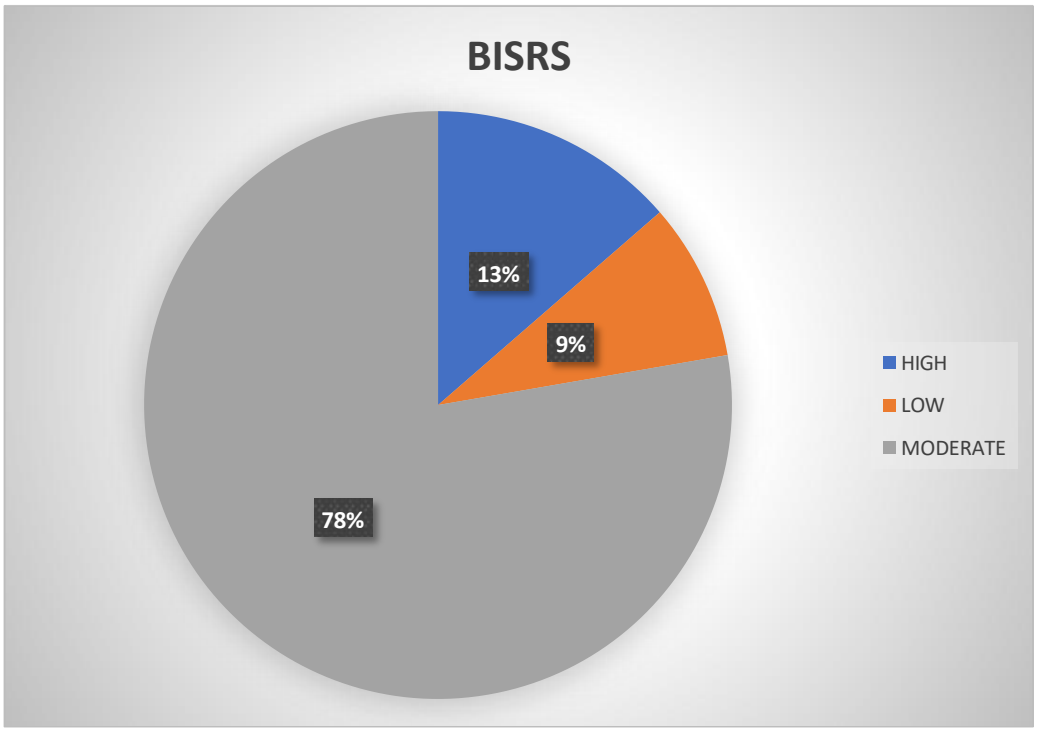


TABLE 6 : Distribution of young adults by Rosenberg Self-Esteem Scale (RSES)

RSES	FREQUENCY	PERCENT
HIGH	68	16.8%
LOW	155	38.4%
NORMAL	181	44.8%
TOTAL	404	100.0%

Based on the Rosenberg Self-Esteem Scale (RSES), 44.8% of participants showed normal self-esteem, 38.4% had low, and 16.8% had high self-esteem (Table 6).

Figure 6 : Self-esteem levels based on RSES (N=404).

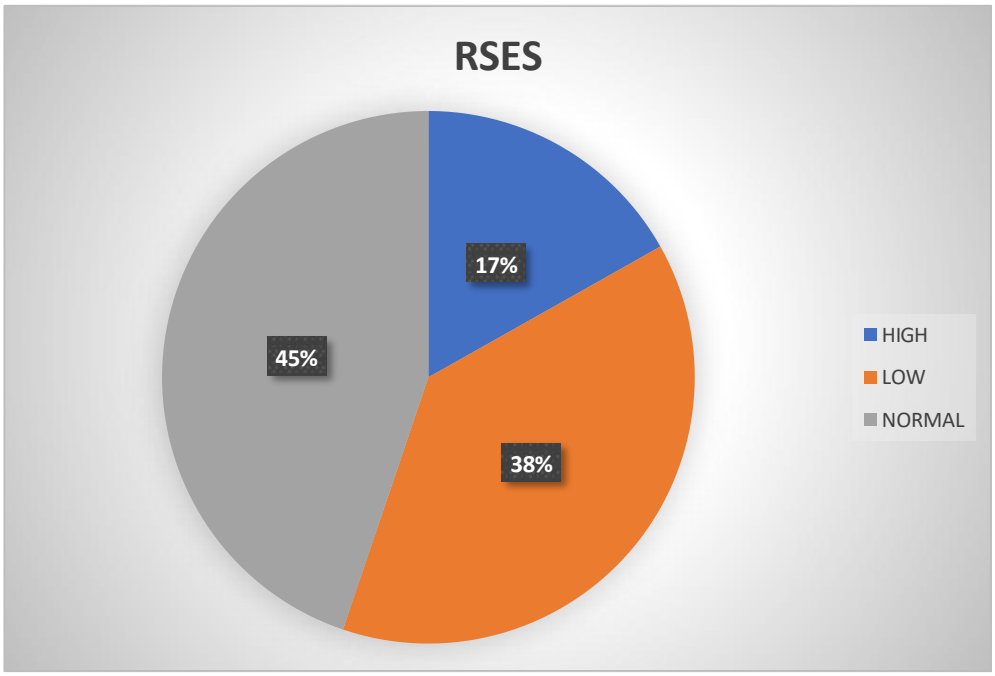


TABLE 7 : Distribution of young adults by Social Anxiety Questionnaire for Adults (SAQ-A30)

SAQ	FREQUENCY	PERCENT
HIGH	197	48.8%
MODERATE	207	51.2%
TOTAL	404	100%

On the Social Anxiety Questionnaire for Adults (SAQ-A30), 51.2% of participants experienced moderate social appearance anxiety, and 48.8% reported it as high(Table 7).

Figure 7: Social appearance anxiety levels based on SAQ-A30 (N = 404).

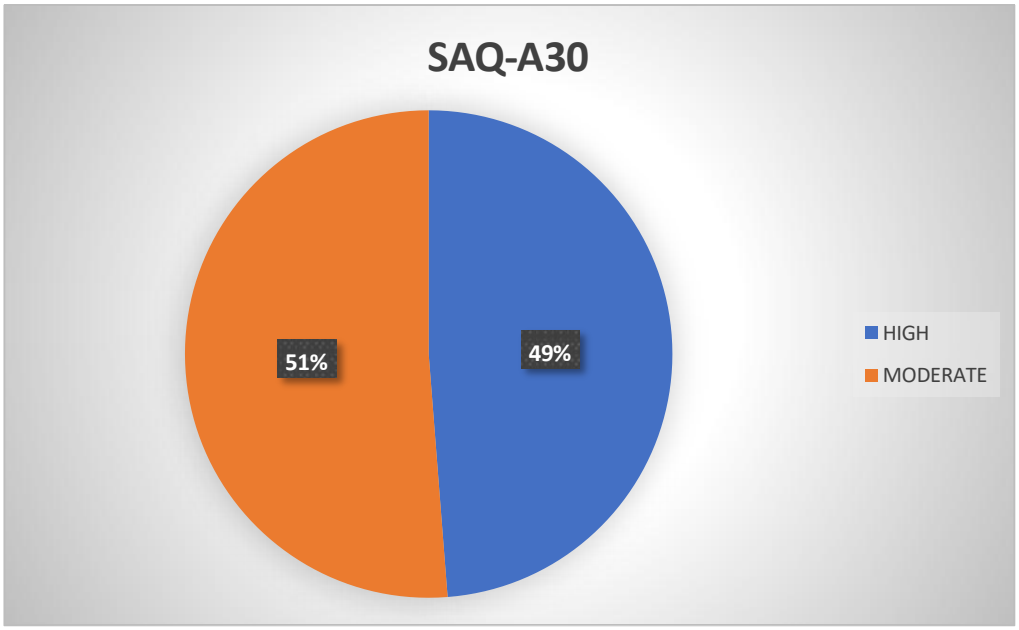
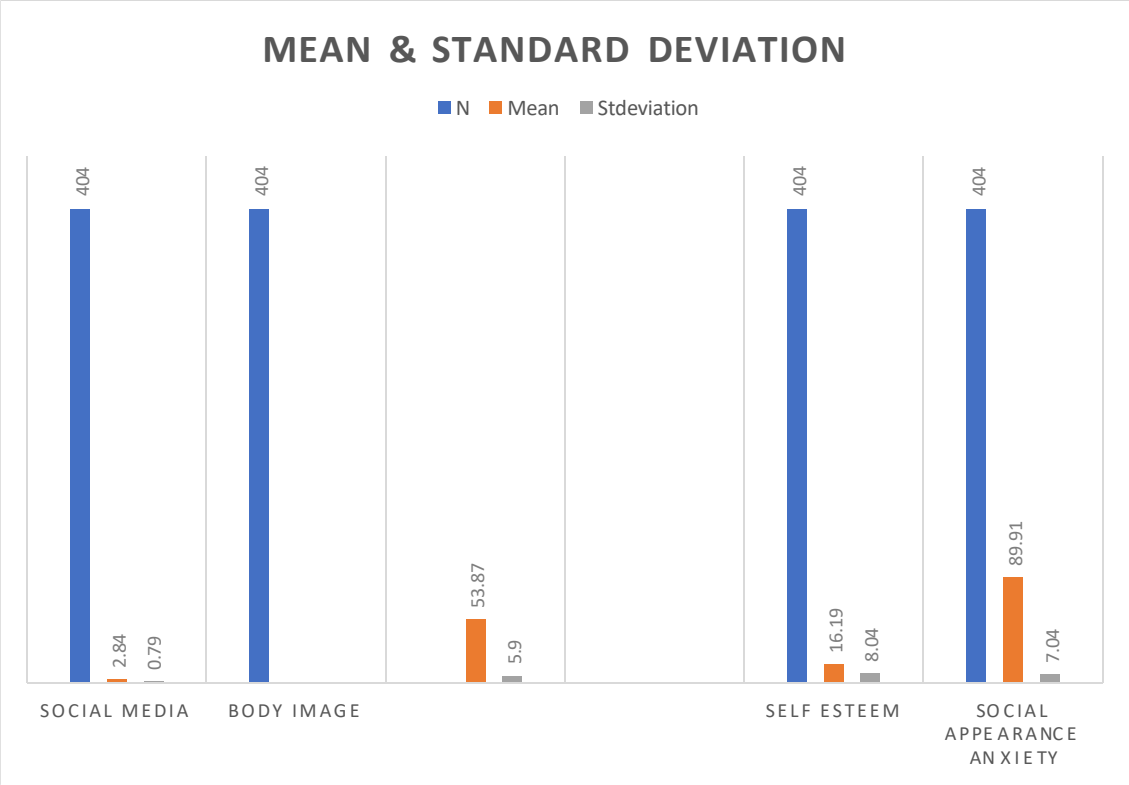


Table 8: Mean & Standard Deviation of SOCIAL MEDIA , BODY IMAGE , SELF ESTEEM AND SOCIAL APPEARANCE ANXIETY AMONG YOUNG ADULTS.

Variables	N	Mean	Standard Deviation
Social media	404	2.84	0.79
Body Image	404	53.87	5.90
Self Esteem	404	16.19	8.04
Social Appearance Anxiety	404	89.91	7.04

These scores reflect moderate levels of social media use, average body image satisfaction, lower self-esteem for many, and relatively high social appearance anxiety(Table 8).

Figure 8: Mean scores of social media use, body image satisfaction, self-esteem, and social appearance anxiety



DISCUSSION

Discussion

Over the past decade, social media has had a strong impact on mental health, especially in how people feel about their body image, self-esteem, and social appearance anxiety. For college students and young adults, social media has become a regular part of daily life and is almost impossible to avoid. Platforms like Facebook, Instagram, magazines, and television often show perfect-looking bodies that are not realistic, which can affect how people see themselves and how they feel about their appearance[83].

On one hand, positive likes and comments on social media can help improve self-esteem. But on the other hand, negative feedback or comparing oneself to others can lead to stress and low confidence. Studies show that women are more affected by these body image pressures than men[84]. According to Social Comparison Theory (Festinger, 1954), people compare themselves with others. When they compare themselves to those they think look better (upward comparison), it can make them feel worse about themselves[85].

Seeing images of thin and flawless bodies on social media often leads to lower self-esteem and more body dissatisfaction, especially in women[86]. Although social media helps people stay connected, it also creates unrealistic standards and encourages people to focus more on looks than on real relationships[87]. As noted by experts like Fr. Francis, this shows that social media has both good and bad effects on mental health[88].

This study was done to find out how social media affects body image, self-esteem, and social appearance anxiety among young adults. To do this, a descriptive cross-sectional design was used. Data was collected from 404 participants and analyzed using statistical methods. Descriptive statistics were used to show general information about the participants, and the Pearson chi-square test was used to find relationships between the different variables.

Table 1, Table 2, and Table 3 present the demographic details of the participants. The majority of participants fall within the 19–22 age group (54.46%), followed by those in the 23–26 age

group (45.54%). The sample comprised both male (49.01%) and female (50.99%) participants, indicating a nearly equal gender distribution. Regarding family structure, most respondents belonged to nuclear families (63.12%), while the remaining (36.88%) came from joint family settings. These participants represent a diverse background, contributing to the overall generalizability of the findings.

Table 4 presents the distribution of young adults based on their social media use styles, as assessed by the Social Media Use Scale (SMUS). Among the 404 participants, the most prevalent style was consumption-based, reported by 133 individuals (32.9%). This form of usage involves passive engagement, such as watching videos, browsing content, and following pages of public figures. Although less interactive, this usage can lead to digital fatigue, emotional disengagement, and reduced real-world social involvement[89].

The second most common styles were comparison-based and image-based use, reported by 83 (20.5%) and 82 (20.5%) participants respectively. Comparison-based use includes behaviors like comparing one's appearance or lifestyle with others on social media. This style is often linked to body image dissatisfaction, low self-esteem, and social appearance anxiety, consistent with the Tripartite Influence Model[90], which explains how media and peer influence shape body image through appearance comparison and internalization of appearance ideals.

Image-based use involves actively posting content, editing photos, and managing one's online image. While this may reflect self-expression and creativity, it can also be driven by external validation-seeking[91] and self-presentation concerns.

Belief-based use was reported by 70 participants (17.3%), reflecting engagement with content that the user finds ethically or morally disagreeable. This style indicates reactive or confrontational behavior, which may increase exposure to conflictual or emotionally triggering interactions[92].

Finally, tie use was reported by 36 participants (8.9%), suggesting limited or balanced engagement across different usage styles, or low overall social media activity.

These findings suggest that young adults engage with social media in diverse ways, with a strong lean toward passive consumption and appearance-based interactions. This highlights the importance of developing digital awareness and psychological support strategies to encourage mindful and healthy social media use[93].

Table 5 shows the distribution of body image satisfaction among young adults based on the Body Image Satisfaction Rating Scale (BISRS). Out of 404 participants, the majority — 314 individuals (77.7%) — reported a moderate level of body image satisfaction, indicating that while most individuals do not experience intense dissatisfaction, they may also not fully embrace or feel positively about their appearance.

A smaller group, 55 participants (13.6%), showed high body image satisfaction, suggesting a more confident and accepting attitude toward their physical appearance. In contrast, 35 participants (8.7%) reported low body image satisfaction, which may be associated with negative body image, self-consciousness, and appearance-related anxiety.

The overall distribution reflects that while extreme dissatisfaction is relatively uncommon, a significant portion of young adults experience only moderate satisfaction, which could be shaped by social media exposure, peer comparison, and cultural beauty norms[94]. These findings suggest a need for educational and psychological interventions that promote body positivity, media literacy, and self-acceptance[95], especially in environments heavily influenced by appearance standards.

Table 6 shows the distribution of self-esteem levels among young adults as measured by the Rosenberg Self-Esteem Scale (RSES). Out of 404 participants, 181 individuals (44.8%) reported a normal level of self-esteem, indicating a generally balanced and stable perception of self-worth. In contrast, 155 participants (38.4%) fell into the low self-esteem category.

This group may be more vulnerable to negative self-evaluations, self-doubt, and social comparison, which could contribute to emotional difficulties and reduced psychological resilience. Only 68 individuals (16.8%) reported high self-esteem, suggesting a smaller subset with consistently strong self-worth and confidence.

The findings indicate that while the majority of the sample maintain normal levels of self-esteem, a substantial portion (nearly 4 in 10) experience low self-esteem—a critical mental health concern. Previous studies have linked low self-esteem in young adults to increased social anxiety, body dissatisfaction, and negative impacts on academic and interpersonal functioning.[96] Given the age group's frequent exposure to social media and body image pressures, the high proportion of low self-esteem may reflect sociocultural influences, appearance-based comparisons, and internalized beauty ideals.[97] These results emphasize the need for targeted interventions aimed at enhancing self-worth, promoting body positivity, and building emotional resilience, particularly for young adults navigating identity development in a digital age.[98]

Table 7 shows the distribution of social appearance anxiety among young adults as assessed by the Social Anxiety Questionnaire for Adults (SAQ-A30). Out of 404 participants, 207 individuals (51.2%) experienced moderate levels of social appearance anxiety, while 197 participants (48.8%) reported high levels of anxiety. Notably, none of the participants fell into the low anxiety range, indicating that all respondents experienced some degree of anxiety related to their appearance in social contexts.

This trend highlights the prevalence and intensity of appearance-based social concerns among young adults, a group particularly sensitive to peer evaluation, online visibility, and beauty standards. The high proportion of participants falling into the moderate to high anxiety categories may be influenced by increased social media usage, fear of negative evaluation, and internalized appearance ideals[99]. Elevated social appearance anxiety is often

associated with body dissatisfaction, lowered self-esteem, and social withdrawal behaviors[100].

The findings underscore the need for targeted psychological interventions aimed at reducing appearance-based anxiety, enhancing self-confidence, and challenging unrealistic societal beauty expectations, especially in environments where digital self-presentation plays a central role in identity formation.

Table 8 presents the mean and standard deviation scores for four major psychological variables assessed among young adults: social media use, body image satisfaction, self-esteem, and social appearance anxiety. The mean score for social media use was 2.84 (SD = 0.79), suggesting a moderate level of engagement with social networking platforms on average.

For body image satisfaction, the mean score was 53.87 (SD = 5.90), indicating that participants generally leaned toward moderate satisfaction with their physical appearance. However, the relatively small standard deviation suggests consistency in responses across the sample.

The mean self-esteem score was 16.19 (SD = 8.04), which falls on the lower side of the scale. This implies that a considerable number of participants may experience low to moderate levels of self-worth, which can be concerning from a psychological well-being perspective. The higher standard deviation reflects greater variability in self-esteem among individuals.

In contrast, the mean score for social appearance anxiety was 89.91 (SD = 7.04), which is relatively high. This indicates a strong presence of appearance-related social concerns among young adults in the sample. Elevated levels of such anxiety are often linked to social comparison, fear of judgment, and pressure to meet idealized beauty standards[101].

Overall, these descriptive statistics support earlier findings in the study, showing that young adults exhibit moderate social media use, fluctuating body image satisfaction, low average self-esteem, and significant social appearance anxiety. These outcomes are consistent with

previous research highlighting the influence of media exposure and appearance ideals on young adults' psychological functioning[102].

based on these findings, all three alternative hypotheses were accepted. There was a significant relationship between social media usage and body image satisfaction (H1 accepted), social media usage and self-esteem (H2 accepted), and social media usage and social appearance anxiety (H3 accepted). These results confirm that social media use meaningfully influences young adults' psychological experiences[103].

CONCLUSION

CONCLUSION

The findings of this study highlight the significant influence of social media on young adults' mental health, particularly in terms of body image, self-esteem, and social appearance anxiety. While social media platforms offer opportunities for connection and self-expression, they also expose users to unrealistic beauty standards and encourage appearance-based comparisons that can negatively affect self-perception[103]. The results show that moderate to high usage of social media is common among young adults and is significantly associated with varying levels of body image satisfaction, self-esteem, and anxiety about social appearance[104].

A majority of participants reported moderate satisfaction with their body image and self-esteem; however, a substantial portion also experienced low self-esteem and high social appearance anxiety. These findings suggest that social media engagement functions as a double-edged sword—providing both potential benefits and psychological risks[105]. The statistically significant associations between social media usage and mental health variables underscore the need for awareness, media literacy, and supportive interventions. Promoting healthier online behaviors and fostering positive self-concepts could be key strategies in mitigating the adverse effects of social media on young adults' emotional well-being[106].

This study concludes that social media plays a significant role in shaping psychological well-being, particularly affecting body image satisfaction, self-esteem, and social appearance anxiety. The widespread use of social media among participants—ranging from moderate to high levels—reveals how deeply embedded these platforms are in everyday life. However, the patterns observed in the data suggest that frequent exposure to idealized images and constant online comparison may negatively influence how individuals perceive themselves[107].

The association between social media engagement and body dissatisfaction observed in this study aligns with previous findings. Fardouly et al. demonstrated that viewing idealized images on platforms such as Facebook increases body dissatisfaction, especially among young women[108]. Perloff further explains that internalizing these beauty standards and engaging in appearance-based

comparisons can lead to lowered self-esteem and elevated anxiety levels[109]. The current study similarly found that individuals with higher social media use reported lower self-esteem and greater social appearance anxiety.

This pattern is reinforced by Vogel et al., who found that upward comparisons on social networking sites significantly reduce self-esteem and increase depressive symptoms[110]. Tiggemann and Slater also reported that adolescent girls exposed to appearance-focused content were more likely to experience body surveillance and dissatisfaction[111]. These effects are not limited to adolescents; even among college-aged individuals, constant exposure to curated online content appears to contribute to psychological stress. Supporting this, Huang's meta-analysis confirmed a consistent negative association between social media use and self-esteem across multiple studies[112].

The high levels of social appearance anxiety observed in this study further contribute to growing evidence that young adults are increasingly concerned about how they are perceived in social contexts, especially online. Nesi and Prinstein emphasized that comparison and feedback-seeking behaviors on social media can amplify depressive symptoms and fears of negative social evaluation, particularly among youth[113].

In light of these findings, there is a pressing need for educational and mental health interventions that promote digital literacy, encourage critical thinking about online content, and support the development of a healthy self-image. Policies and programs that cultivate balanced social media habits, along with psychological support mechanisms, could help young adults navigate digital spaces more safely and confidently[114].

Implications of the Study

The results of this study have important implications for mental health professionals, educators, and policymakers. There is a critical need to incorporate digital literacy education within school and university curricula to help young adults critically evaluate the content they encounter on social media. Mental health practitioners should consider the role of social media in clients' psychological well-being and develop interventions that address social comparison and body image issues[115]. Policymakers should promote awareness campaigns to highlight the risks associated with excessive or uncritical social media use and support programs that foster positive online environments.

Limitations of the Study

This study has certain limitations that should be considered when interpreting the results. First, the cross-sectional design limits the ability to infer causality between social media use and psychological outcomes. Second, data were self-reported, which may introduce response biases such as social desirability or inaccurate self-assessment. Third, the sample was limited to young adults primarily from educational institutions, which may affect the generalizability of findings to broader populations or different age groups[116].

Future Recommendations

Future research should employ longitudinal or experimental designs to better understand causal relationships between social media engagement and mental health variables. Expanding the sample to include diverse demographic groups and cultural contexts would enhance the generalizability of findings. Additionally, qualitative studies exploring personal experiences and coping strategies related to social media could provide deeper insights. Finally, intervention-based research is needed to evaluate the effectiveness of programs designed to improve digital literacy, reduce negative social comparison, and promote psychological resilience among young adults[117].

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ANNEXURES

Annexure I Consent form English

SANTOSH MEDICAL COLLEGE, HOSPITAL

NO.1, AMBEDKAR ROAD,GHAZIABAD, U.P,201001

DEPARTMENT OF CLINICAL PSYCHOLOGY

CONSENT FORM

Name of the participant_

Date_____

I _____agree to participate in this research.

You are requested to be a part of this study titled **"THE EFFECT OF SOCIAL MEDIA ON BODY IMAGE, SELF ESTEEM AND SOCIAL APPEARANCE ANXIETY AMONG YOUNG ADULTS"** is to be conducted in the Department of Clinical Psychology at Santosh Deemed to be University Ghaziabad, Uttar Pradesh. This study to examine the relationship between academic stress and mental health outcomes in college students, with a specific focus on how personality influences levels of stress, anxiety, and depression

Your participation is voluntary, and you can withdraw at any time without consequences. Your participation will contribute to important research in Psychology. If you agree, you will complete questionnaires, which will take 20-30 minutes. All information will be confidential, and your identity will remain anonymous in reports. Data will be securely stored and accessible only to the research team. There are minimal risks, and while there may be no direct benefits to you, your contribution will help advance research in this field.

Name

Signature:

Date:

Investigators

Miss Ankita Badola (Msc. Clinical Psychology Student. Santosh Deemed to be University Ghaziabad)

Email- ankitabadola1@gmail.com

Guide-Dr. Niharika Arora, Guide, Asst. Professor dept of Clinical Psychology, Santosh Deemed to be University Ghaziabad

Co Guide- Dr A.K seth , Head of Department, Department of Psychiatry, Santosh Deemed to be University Ghaziabad

Annexure III Preliminary Form

SANTOSH MEDICAL COLLEGE HOSPITALS

NO.1 AMBEDKAR ROAD GHAZIABAD, UP

DEPARTMENT OF CLINICAL PSYCHOLOGY

SANTOSH MEDICAL COLLEGE HOSPITALS,

NO.1 AMBEDKAR ROAD GHAZIABAD, UP

DEPARTMENT OF CLINICAL PSYCHOLOGY

PRELIMINARY FORM

Performa for preliminary identification details **"THE EFFECT OF SOCIAL MEDIA ON BODY IMAGE, SELF ESTEEM AND SOCIAL APPEARANCE ANXIETY AMONG YOUNG ADULTS"**

Name: **Date:**

Age:

Date of Birth

Gender:

Educational qualification:

Marital status:

Residential Address:

Educational Qualification:

Current Institution:

Batch and Course :

Contact Number:

Email address:

Family structure: Nuclear/Joint:

Family history of any Mental illness or other illness, if yes specify:

_____

Test administered:

_____

_

Test Findings:

_____

Annexure IV Social Media Use Scale

Social Media Use Scale (SMUS)

Directions: Please indicate how frequently you have engaged in each of the following social media activities in the **PAST WEEK** (7 days). Please only include activities engaged in on social networking sites such as Instagram, Facebook, etc.. Do ***not*** include activities related to direct messaging such as Facebook Messenger or Instagram direct messages. For each activity, please use the following scale:

Never	1-2 times per week	3-4 times per week	5-6 times per week	Once daily	2-5 times daily	6-9 times daily	10-13 times daily	Hourly or more
1	**2**	**3**	**4**	**5**	**6**	**7**	**8**	**9**

_____ 1. Made/shared a post or story about something positive that was personally about me
_____ 2. Looked at how many people liked, commented on, shared my content, or followed/friended me
_____ 3. Read comments to my own content
_____ 4. Edited and/or deleted my own social media content
_____ 5. Played with photo filtering/photo editing
_____ 6. Compared my body or appearance to others'
_____ 7. Compared my life or experiences to others'
_____ 8. Reminisced about the past
_____ 9. Made/shared a post or story about something negative that was personally about me
_____ 10. Made/shared a post or story about something negative that was NOT personally about me
_____ 11. Commented unsupportively or disliked/"reacted" unsupportively on other's post(s)
_____ 12. Sought out content that I morally or ethically disagreed with
_____ 13. Scrolled aimlessly through my feed(s)
_____ 14. Looked at others' stories
_____ 15. Navigated to others' profiles in my social network (e.g., friends or friends of friends)
_____ 16. Navigated to others' pages who I do not know (e.g., influencers or other famous people)
_____ 17. Watched videos such as memes, news content, how-tos/recipes, etc.

Scoring Instructions: Items should be presented in random order. There are four social media use subscales. The items for each subscale should be averaged. There are no reverse-keyed items.

Image-Based (5 items): 1, 2, 3, 4, 5
Comparison-Based (3 items): 6, 7, 8
Belief-Based (4 items): 9, 10, 11, 12
Consumption-Based (5 items): 13, 14, 15, 16, 17

Annexure V **Body Image Satisfaction Rating Scale**

Body Image Satisfaction Rating Scale

Adopted from THE BODY-IMAGE QUESTIONNAIRE (BIQ): AN EXTENSION [CITATION Kol \l 1033 \m Kol]

	1	2	3	4	5	
	Strongly disagree	Disagree	Neither agree nor disagree	Agree	Strongly agree	
1. I look like I have bad health.						
2. I look physically unattractive.						
3. My image is a source of my displeasure.						
4. I look impure and dirty.						
5. I look daring.						
6. I look full of life.						
7. I look like something that must not be touched.						
8. I look tender and loving.						
9. I look appeasing (People will be appeased when they look at me.)						
10. I seem to not have any expression.						
11. I look like I have a lot to show.						
12. I look nervous and worried.						
13. I look young.						
14. I do not look sexy at all.						
15. I look robust and resistant.						
16. I look sad and depressive.						
17. My appearance is something that people will love to look at.						
18. I look energetic.						

Annexure VI Rosenberg Self-Esteem Scale (RSES)

Rosenberg self-esteem scale

Please read each statement and record a number 0, 1, 2 or 3 which indicates how much the statement applied to you over the past two weeks. There are no right or wrong answers. Do not spend too much time on any one statement. This assessment is not intended to be a diagnosis. If you are concerned about your results in any way, please speak with a qualified health professional.

0 = Strongly disagree 1 = Disagree 2 = Agree 3 = Strongly agree

1	I feel that I am a person of worth, at least on an equal plane with others	
2	I feel that I have a number of good qualities	
3	All in all, I am inclined to feel that I am a failure (R)	
4	I am able to do things as well as most people	
5	I feel I do not have much to be proud of (R)	
6	I take a positive attitude toward myself	
7	On the whole, I am satisfied with myself	
8	I wish I could have more respect for myself (R)	
9	I certainly feel useless at times (R)	
10	At times I think that I am no good at all (R)	
	Total score =	

Annexure VII Social Anxiety Questionnaire for Adults (SAQ-A30)

SOCIAL ANXIETY QUESTIONNAIRE FOR ADULTS (SAQ-A30)

Below are a series of social situations that may or may not cause you UNEASE, STRESS or NERVOUSNESS. Please place an "X" on the number next to each social situation that best reflects your reaction, where "1" represents no unease, stress or nervousness and "5" represents very high or extreme unease stress, or nervousness.

If you have never experienced the situation described, please imagine what your level of UNEASE, STRESS, or NERVOUSNESS might be if you were in that situation and rate how you imagine you would feel by placing an "X" on the corresponding number.

LEVEL OF UNEASE, STRESS OR NERVOUSNESS

Not at all or very slight 1	Slight 2	Moderate 3	High 4	Very high or extremely high 5

		1	2	3	4	5
1.	Greeting someone and being ignored					
2.	Having to ask a neighbor to stop making noise					
3.	Speaking in public					
4.	Asking someone attractive of the opposite sex for a date					
5.	Complaining to the waiter about my food					
6.	Feeling watched by people of the opposite sex					
7.	Participating in a meeting with people in authority					
8.	Talking to someone who isn't paying attention to what I am saying					
9.	Refusing when asked to do something I don't like doing					
10.	Making new friends					
11.	Telling someone that they have hurt my feelings					
12.	Having to speak in class, at work, or in a meeting					
13.	Maintaining a conversation with someone I've just met					
14.	Expressing my annoyance to someone that is picking on me					

15.	Greeting each person at a social meeting when I don't know most of them					
16.	Being teased in public					
17.	Talking to people I don't know at a party or a meeting					
18.	Being asked a question in class by the teacher or by a superior in a meeting					
19.	Looking into the eyes of someone I have just met while we are talking					
20.	Being asked out by a person I am attracted to					
21.	Making a mistake in front of other people					
22.	Attending a social event where I know only one person					
23.	Starting a conversation with someone of the opposite sex that I like					
24.	Being reprimanded about something I have done wrong					
25.	While having dinner with colleagues, classmates or workmates, being asked to speak on behalf of the entire group					
26.	Telling someone that their behavior bothers me and asking them to stop					
27.	Asking someone I find attractive to dance					
28.	Being criticized					
29.	Talking to a superior or a person in authority					
30.	Telling someone I am attracted to that I would like to get to know them better					

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F. No. SU/2025/CRF/287 Dated: 25.05.2025

Subject: Approval of Research Project by the Institutional Human Ethics Committee.

Particular	Description
Project No.	EC/ M.Sc. Clinical Psychology./287
Project Title	The Effect of Social Media On Body Image, Self Esteem And Social Appearance Anxiety Among Young Adults
Student Name	Ankita Badola
Guide	Dr Niharika Arora
Department	M.Sc. Clinical Psychology
Institution Name	Santosh Medical College & Hospital, Ghaziabad
Type of Study	Cross-sectional study
Ethics committee decision	Approved

This Ethical clearance letter valid for 2 years from the date of issue.

Dr. Jyoti Batra
Member Secretary

Santosh Deemed to be University
Dean Research

To,
Ankita Badola
M.Sc. Clinical Psychology

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STATISTICIAN CERTIFICATE

This is to certify that the statistical analysis component of the thesis titled **"The Effect of Social Media on Body Image, Self Esteem and Social Appearance Anxiety among Young Adults",** done by **Ankita Badola** in the **Department of Clinical Psychology**, Santosh Medical College and Hospital, Ghaziabad, has been conducted under my direct guidance and supervision.

All the statistical calculations of this study are authentic and correct to the best of my knowledge.

Wish her all the success in her life.

Dr. Vikash Singh Patel
Assistant Professor cum Statistician
Department of Community Medicine
Santosh Deemed To be University, Ghaziabad
Email: pvikash885@gmail.com

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Master chart

S.no	NAME	AGE		SE	COURSE	FAMILY TYPEc	SMUS(total average)	IMAGE BASED	COMPARISON BASED	BELIE	CONSUMPTION BASED	BISRS SCORE	MEAN BISRS SCORE		BISRS RANG	TOTAL RSES	RSES_RANGES	(SAQ-A30) (TOTAL AVERAGE)	SAQ_RANGES	Dimension 1: Interactions with strangers	Dimension 2: Speaking in public/ Talking with people in authority	Dimension 3: Interactions with the opposite sex	Dimension 4: Criticism and embarrassment	Dimension 5: Assertive expression of anger
1	MR.A	21	M		UG	Nuclear	2.1	2	2.6	1.5	2.6		2.869979002		V DIS	15	NORMAL RANGE	101	HIGH SA	24	19	22	14	22
2	MR.D	19	M		UG	Nuclear	2.2	1.2	3.3	1.5	3		0.2280673564		V DIS	15	NORMAL RANGE	91	HIGH SA	16	20	20	20	15
3	MR.NS	21	M		UG	Nuclear	1.7	1	1.6	1	3.2		2.362303068		V DIS	14	LOW SELF ESTEEM	91	HIGH SA	20	21	19	17	14
4	MR.DK	20	M		UG	Joint	2.7	2.2	3	1.5	4		4.519904322		V DIS	16	NORMAL RANGE	80	MODERATE SA	15	15	18	17	15
5	MR.VK	20	M		UG	Joint	2.4	1.5	2.6	1.5	4		6.016060195		V DIS	16	NORMAL RANGE	109	HIGH SA	23	23	24	17	22
6	MR.S	19	M		UG	Nuclear	1	1	1	1	1		0.8930909161		V DIS	14	LOW SELF ESTEEM	72	MODERATE SA	17	18	12	14	11
7	MR.AS	20	M		UG	Joint	2.5	2.8	2.3	1.2	3.8		3.490091458		V DIS	15	NORMAL RANGE	86	MODERATE SA	22	20	20	11	13
8	MR.VD	21	M		UG	Nuclear	4.1	2.4	4.3	5.5	4.2		7.07886305		V DIS	22	NORMAL RANGE	80	MODERATE SA	11	16	19	18	16
9	MISS.G	25	F		PG	Joint	2.7	3	4.3	1.5	1.8		2.02298211		V DIS	16	NORMAL RANGE	82	MODERATE SA	14	23	21	11	13
10	MR.P	19	M		UG	Nuclear	2.2	1.8	2.3	2	2.8		5.931676965		V DIS	16	NORMAL RANGE	94	HIGH SA	13	24	18	21	18
11	MR.DA	26	M		PG	Nuclear	3.3	2	2	5.2	3.8		5.900396615		V DIS	14	LOW SELF ESTEEM	80	MODERATE SA	16	10	19	19	16
12	MR.I	22	M		UG	Nuclear	1.5	1.2	1.6	1	2.2		5.348491105		V DIS	13	LOW SELF ESTEEM	87	MODERATE SA	16	10	22	20	19
13	MR.AA	21	M		UG	Nuclear	1	1	1	1	1		3.2474659		V DIS	13	LOW SELF ESTEEM	95	HIGH SA	19	20	20	18	18
14	MR.I	19	F		UG	Nuclear	2.4	1.2	4.3	2	2		3.937061629		V DIS	16	NORMAL RANGE	105	HIGH SA	15	25	21	17	27
15	MR.V	20	M		UG	Joint	1	1	1	1	1		0.185757027		V DIS	18	NORMAL RANGE	86	MODERATE SA	23	13	13	16	21
16	MR.R	24	M		PG	Nuclear	1	1	1	1	1		4.346601467		V DIS	16	NORMAL RANGE	97	HIGH SA	18	23	22	16	18
17	MR.SB	19	M		UG	Nuclear	2.4	1.2	2.6	2	3.6		6.215049647		V DIS	13	LOW SELF ESTEEM	80	MODERATE SA	16	17	19	16	12
18	MR.AS	21	M		UG	Nuclear	1.1	1	1	1	1.4		4.222690721		V DIS	12	LOW SELF ESTEEM	102	HIGH SA	24	10	21	22	25
19	MR.MZ	19	M		UG	Nuclear	3.7	2	3.6	4.5	4.8		0.4695342226		V DIS	19	NORMAL RANGE	94	HIGH SA	14	22	24	18	16
20	MR.BS	22	M		UG	Nuclear	1	1	1	1	1		5.153608184		V DIS	15	NORMAL RANGE	99	HIGH SA	17	20	24	19	19
21	MR.SS	22	M		UG	Nuclear	6.1	9	2.3	5	8.2		2.60673687		V DIS	14	LOW SELF ESTEEM	91	HIGH SA	17	18	23	18	15
22	MR.UVK	23	M		PG	Joint	2.4	1	5.6	1.5	1.2		5.451719339		V DIS	16	NORMAL RANGE	90	HIGH SA	21	21	13	21	14
23	MR.AA	19	M		UG	Nuclear	2.5	2.8	2.3	1.2	3.8		3.988117098		V DIS	15	NORMAL RANGE	89	MODERATE SA	22	14	19	19	15
24	MISS.B	19	F		UG	Nuclear	1.4	1.4	1.3	1	2		5.630872047		V DIS	11	LOW SELF ESTEEM	85	MODERATE SA	16	19	10	21	19
25	MISS.S	25	F		PG	Joint	3.3	2.6	2.3	4.2	4		2.125177944		V DIS	16	NORMAL RANGE	87	MODERATE SA	16	19	18	17	17
26	MISS.M	19	F		UG	Nuclear	1.8	2	1.3	1	2.8		4.581437966		V DIS	17	NORMAL RANGE	93	HIGH SA	17	19	14	22	21
27	MISS.PS	19	F		UG	Nuclear	2.7	2.2	4	1	3.4		5.300950845		V DIS	16	NORMAL RANGE	85	MODERATE SA	20	13	19	19	14
28	MISS.M	22	F		UG	Nuclear	1.9	2.6	1	1	3		2.56222871		V DIS	15	NORMAL RANGE	79	MODERATE SA	14	18	13	17	17
29	MISS.DG	21	F		UG	Nuclear	2.2	2.4	2.7	1	2.8		2.019182541		V DIS	11	LOW SELF ESTEEM	97	HIGH SA	17	19	20	20	21
30	MISS.AK	20	F		UG	Joint	1.2	1.2	1.3	1	1.4		5.117657436		V DIS	14	LOW SELF ESTEEM	84	MODERATE SA	16	14	18	14	22
31	MISS.VS	21	F		UG	Nuclear	2.8	1	3.3	1	5.8		6.61068403		V DIS	14	LOW SELF ESTEEM	99	HIGH SA	22	18	22	23	14
32	MISS.H	19	F		UG	Nuclear	2.4	2	1.6	1.3	2.8		0.6182912075		V DIS	16	NORMAL RANGE	81	MODERATE SA	17	16	15	20	13
33	MISS.AK	20	F		UG	Joint	3.3	3	3.6	3.2	3.2		6.155912784		V DIS	16	NORMAL RANGE	106	HIGH SA	26	16	21	22	21
34	MISS.S	19	F		UG	Nuclear	3.8	1.4	1.6	2	4.6		4.982841697		V DIS	11	LOW SELF ESTEEM	92	HIGH SA	21	15	20	15	21
35	MISS.KS	19	F		UG	Nuclear	2.1	1.8	1.6	1.2	3.8		2.209216576		V DIS	15	NORMAL RANGE	75	MODERATE SA	12	15	20	11	17
36	MISS.TP	23	F		PG	Joint	1	1	1	1	1		1.445980028		V DIS	15	NORMAL RANGE	90	HIGH SA	18	17	15	25	15
37	MISS.PY	20	F		UG	Joint	3.1	2.6	4	1	4.8		0.2010948097		V DIS	16	NORMAL RANGE	81	MODERATE SA	15	14	10	19	23
38	MISS.KM	21	F		UG	Nuclear	3.2	2.6	4	2.7	3.6		6.89779308		V DIS	14	LOW SELF ESTEEM	97	HIGH SA	21	19	20	18	19
39	MISS.VS	25	F		PG	Joint	2.4	2.2	2.6	1.5	3.2		2.735451821		V DIS	15	NORMAL RANGE	86	MODERATE SA	13	11	24	22	16
40	MISS.OR	22	F		UG	Nuclear	2.2	3	1.6	1	3		2.799483109		V DIS	12	LOW SELF ESTEEM	89	MODERATE SA	15	23	16	19	16
41	MISS.YS	19	F		UG	Nuclear	1.6	1.4	1.3	1.5	2		9.090303067		V DIS	13	LOW SELF ESTEEM	94	HIGH SA	21	18	19	14	22
42	MISS.I	19	F		UG	Nuclear	1.9	1.6	2.3	1.2	2.4		7.746053461		V DIS	16	NORMAL RANGE	80	MODERATE SA	16	15	18	18	13
43	MISS.TK	20	F		UG	Joint	1	1	1	1	1		12.47263412		V DIS	16	NORMAL RANGE	80	MODERATE SA	14	20	20	17	9
44	MISS.R	20	F		UG	Joint	1	1	1	1	1		9.192991532		V DIS	15	NORMAL RANGE	89	MODERATE SA	23	15	17	11	23
45	MISS.VK	25	F		PG	Joint	2.7	4.3	1	3.5	1.8		8.54212439		V DIS	21	NORMAL RANGE	90	HIGH SA	16	17	19	18	20
46	MISS.AS	24	F		PG	Nuclear	1.5	1	2	1	2		8.615572526		V DIS	18	NORMAL RANGE	97	HIGH SA	24	17	18	18	20
47	MISS..SP	26	F		PG	Nuclear	2.4	3.8	1	1	3.6		11.50147066		V DIS	16	NORMAL RANGE	80	MODERATE SA	19	10	22	11	18
48	MISS.SG	22	F		UG	Nuclear	2.3	1.6	5	1	1.4		11.83024554		V DIS	12	LOW SELF ESTEEM	95	HIGH SA	24	15	24	15	17
49	MISS.PY	24	F		PG	Nuclear	1	1	1	1	1		12.17460739		V DIS	13	LOW SELF ESTEEM	95	HIGH SA	15	19	22	23	16
50	MISS.KC	22	F		UG	Nuclear	1.6	1.6	1.3	1	2.6		8.137730202		V DIS	15	NORMAL RANGE	95	HIGH SA	17	22	22	18	16
51	MR.JV	20	F		UG	Joint	1.4	1.6	1.3	1	1.6		11.56362896		V DIS	21	NORMAL RANGE	86	MODERATE SA	20	15	19	17	15
52	MR.KS	21	F		UG	Nuclear	3.6	2.8	5	1.5	5.2		10.64081292		V DIS	15	NORMAL RANGE	100	HIGH SA	22	16	18	22	22
53	MISS.SC	23	F		PG	Joint	3.1	2.4	7.6	1.2	1		12.5814161		V DIS	15	NORMAL RANGE	94	HIGH SA	19	21	18	16	20
54	MISS.KS	22	F		UG	Nuclear	1.9	2.6	1	1	3		14.47376434		V DIS	13	LOW SELF ESTEEM	81	MODERATE SA	11	12	19	16	23
55	MISS.AA	26	M		PG	Nuclear	1	1	1	1	1		10.35967041		V DIS	17	NORMAL RANGE	73	MODERATE SA	14	16	14	17	12
56	MISS.TY	22	F		UG	Nuclear	2.4	3.2	1.7	1	3.8		8.210850184		V DIS	14	LOW SELF ESTEEM	97	HIGH SA	18	20	20	22	17
57	MISS.YS	20	F		UG	Joint	1	1	1	1	1		10.52228321		V DIS	14	LOW SELF ESTEEM	98	HIGH SA	20	18	19	23	19
58	MR.BS	19	F		UG	Nuclear	1.5	1.4	1.3	1	2.2		14.39816018		V DIS	12	LOW SELF ESTEEM	96	HIGH SA	24	16	19	20	17
59	MISS.UO	21	F		UG	Nuclear	2.1	2.5	1.1	3.6	1.2		10.90796901		V DIS	16	NORMAL RANGE	86	MODERATE SA	21	16	16	17	16
60	MR.RO	20	M		UG	Joint	3.2	4.8	3.5	1.3	3.1		10.30109001		V DIS	15	NORMAL RANGE	98	HIGH SA	23	19	18	17	21
61	MISS.PV	26	F		PG	Nuclear	2.8	3.9	2.3	1.6	3.2		8.893209076		V DIS	16	NORMAL RANGE	90	HIGH SA	16	17	17	19	21
62	MR.DO	22	M		UG	Nuclear	3.6	3.4	3	4.6	3.5		7.812397041		V DIS	13	LOW SELF ESTEEM	72	MODERATE SA	13	12	9	20	18
63	MR.ZA	23	M		PG	Joint	3.4	1.6	4.6	3.4	3.9		9.443094303		V DIS	11	LOW SELF ESTEEM	86	MODERATE SA	12	18	21	17	18
64	MR.AI	26	M		PG	Nuclear	2.4	1.6	2	1	4.9		9.093228654		V DIS	18	NORMAL RANGE	101	HIGH SA	18	25	22	19	17
65	MR.ET	20	M		UG	Joint	2.1	1.2	2.6	1.4	3.1		10.72635153		V DIS	12	LOW SELF ESTEEM	100	HIGH SA	22	19	23	18	18
66	MISS.MG	20	F		UG	Joint	3.6	4.5	4	3.7	2.3		7.308719461		V DIS	15	NORMAL RANGE	87	MODERATE SA	23	17	18	9	20
67	MR.FK	21	M		UG	Nuclear	2.6	3.4	1.9	1	4.2		13.03288555		V DIS	16	NORMAL RANGE	82	MODERATE SA	20	15	13	13	21
68	MR.QX	24	M		PG	Nuclear	2.2	3.8	1.3	1.6	2.1		7.551629726		V DIS	10	LOW SELF ESTEEM	90	HIGH SA	16	19	14	20	21
69	MISS.VL	25	F		PG	Joint	2.3	1.1	2.2	3.2	2.8		9.134848034		V DIS	16	NORMAL RANGE	94	HIGH SA	18	19	16	21	20
70	MISS.AO	25	F		PG	Joint	2.9	4.9	1.6	3.8	1.3		8.604071918		V DIS	17	NORMAL RANGE	90	HIGH SA	21	12	16	19	22
71	MISS.JB	25	F		PG	Joint	3.4	4.3	4.7	3.6	1.1		11.58905033		V DIS	16	NORMAL RANGE	89	MODERATE SA	18	18	19	17	17
72	MR.MZ	20	M		UG	Joint	3.2	1.8	4.2	1.9	4.9		13.97025773		V DIS	16	NORMAL RANGE	95	HIGH SA	18	20	21	17	19
73	MISS.ZW	22	F		UG	Nuclear	3.3	1.7	3.5	3.8	4.3		9.131494796		V DIS	17	NORMAL RANGE	89	MODERATE SA	9	15	21	26	18
74	MR.GO	20	M		UG	Joint	3	1.7	4.5	1.9	3.8		8.535561458		V DIS	9	LOW SELF ESTEEM	115	HIGH SA	23	23	25	19	25
75	MR.EZ	26	M		PG	Nuclear	2.8	2.2	4.2	2.3	2.6		13.017858		V DIS	14	LOW SELF ESTEEM	99	HIGH SA	23	19	16	19	22
76	MR.WL	24	M		PG	Nuclear	2.6	3.1	1.7	4	1.7		9.185507099		V DIS	17	NORMAL RANGE	82	MODERATE SA	17	15	20	14	16
77	MISS.AU	21	F		UG	Nuclear	3.1	2.7	4.6	3.6	1.6		13.54224569		V DIS	11	LOW SELF ESTEEM	92	HIGH SA	17	22	15	16	22
78	MR.NC	20	M		UG	Joint	3	2.2	3.2	4.4	2		7.784310281		V DIS	14	LOW SELF ESTEEM	82	MODERATE SA	17	18	17	15	15
79	MR.NG	21	M		UG	Nuclear	3.6	3.4	4.2	3.6	3.2		11.085762		V DIS	17	NORMAL RANGE	100	HIGH SA	26	27	17	15	15
80	MISS.KK	23	F		PG	Joint	3.4	1.6	4.6	3.3	3.9		10.49783739		V DIS	15	NORMAL RANGE	87	MODERATE SA	16	17	15	16	23
81	MR.ST	23	M		PG	Joint	2.4	2.2	2.3	1.4	3.6		8.559656285		V DIS	16	NORMAL RANGE	97	HIGH SA	20	20	22	18	17
82	MR.VD	20	M		UG	Joint	2.1	2.5	1.4	2.5	2.1		9.189095342		V DIS	10	LOW SELF ESTEEM	96	HIGH SA	18	14	22	19	23
83	MISS.MN	21	F		UG	Nuclear	2.9	2.8	1.9	2.1	4.8		12.6121348		V DIS	17	NORMAL RANGE	88	MODERATE SA	20	18	14	18	18

84	MISS.BH	22	F	UG	Nuclear	3.2	4.1	2.7	2	4		11.9514085		V DIS	14	LOW SELF ESTEEM	96	HIGH SA	24	23	17	14	18
85	MR.LP	21	M	UG	Nuclear	3.6	1.8	4.3	4.9	3.2		14.0346818		V DIS	17	NORMAL RANGE	90	HIGH SA	19	18	14	22	17
86	MR.FL	19	M	UG	Nuclear	3.4	3.1	4.4	2.6	3.4		12.23006895		V DIS	14	LOW SELF ESTEEM	87	MODERATE SA	18	14	13	13	29
87	MISS.UP	19	F	UG	Nuclear	2.9	3.4	1	4.6	2.7		12.18511986		V DIS	12	LOW SELF ESTEEM	79	MODERATE SA	14	18	14	16	17
88	MR.AM	19	M	UG	Nuclear	2.4	1.2	3	3.5	2		9.76791615		V DIS	14	LOW SELF ESTEEM	91	HIGH SA	19	15	20	20	17
89	MISS.LR	23	F	PG	Joint	3.2	3.4	2.7	4.2	2.4		12.43980461		V DIS	16	NORMAL RANGE	96	HIGH SA	20	17	22	19	18
90	MR.TL	22	M	UG	Nuclear	2.6	1.7	1.9	3	4		8.614261189		V DIS	16	NORMAL RANGE	99	HIGH SA	21	17	18	23	20
91	MR.ND	20	M	UG	Joint	1.8	1.3	1.5	3.3	1.1		8.129743012		V DIS	12	LOW SELF ESTEEM	87	MODERATE SA	22	12	19	16	18
92	MR.BX	26	M	PG	Nuclear	2.9	4.8	2.4	3	1.5		13.85294315		V DIS	16	NORMAL RANGE	91	HIGH SA	17	17	21	21	15
93	MISS.IA	23	F	PG	Joint	3.2	4.9	4.8	1.8	1.2		9.642635444		V DIS	11	LOW SELF ESTEEM	80	MODERATE SA	17	15	18	16	14
94	MISS.WS	26	F	PG	Nuclear	2.9	4.2	2.3	3.9	1.2		9.807386367		V DIS	13	LOW SELF ESTEEM	89	MODERATE SA	17	18	18	17	19
95	MR.GG	19	M	UG	Nuclear	3	2.2	3.1	2.1	4.4		13.10759977		V DIS	12	LOW SELF ESTEEM	98	HIGH SA	24	23	18	14	19
96	MR.EI	19	M	UG	Nuclear	2.5	1.4	3.8	1.1	3.8		14.22828472		V DIS	18	NORMAL RANGE	94	HIGH SA	17	20	19	17	21
97	MISS.WD	24	F	PG	Nuclear	3.2	3.7	2.5	3.6	2.9		12.75464349		V DIS	18	NORMAL RANGE	87	MODERATE SA	16	16	23	12	20
98	MR.BC	24	M	PG	Nuclear	2.7	2.8	4.9	1.7	1.4		11.95913588		V DIS	12	LOW SELF ESTEEM	98	HIGH SA	26	15	19	23	15
99	MR.CT	26	M	PG	Nuclear	3.5	1.5	4.8	4.8	3		7.830240471		V DIS	16	NORMAL RANGE	82	MODERATE SA	19	17	11	16	19
100	MISS.SU	26	F	PG	Nuclear	3.2	3	2	4.8	2.9		11.18332589		V DIS	13	LOW SELF ESTEEM	87	MODERATE SA	23	10	20	20	14
101	MR.FD	25	M	PG	Joint	2.6	1.1	3	4.7	1.7		13.88021499		V DIS	14	LOW SELF ESTEEM	93	HIGH SA	15	21	21	18	18
102	MISS.DM	25	F	PG	Joint	3	4.6	2.2	2.5	2.7		10.3506064		V DIS	12	LOW SELF ESTEEM	90	HIGH SA	12	19	20	20	19
103	MR.BQ	23	M	PG	Joint	2	2	2.1	1.1	2.6		12.06632183		V DIS	16	NORMAL RANGE	102	HIGH SA	22	19	22	18	21
104	MR.LH	22	M	UG	Nuclear	3.2	3.7	1.1	4.7	3.5		11.8244317		V DIS	15	NORMAL RANGE	104	HIGH SA	22	21	24	20	17
105	MISS.AG	22	F	UG	Nuclear	3	2.2	3.4	2.7	3.5		7.964694295		V DIS	16	NORMAL RANGE	99	HIGH SA	25	17	20	18	19
106	MISS.WP	24	F	PG	Nuclear	3	3.1	3	4.9	1.2		11.15425829		V DIS	12	LOW SELF ESTEEM	87	MODERATE SA	19	23	14	15	16
107	MR.WK	21	M	UG	Nuclear	3	3.2	1.2	4.9	2.5		11.93134386		V DIS	9	LOW SELF ESTEEM	80	MODERATE SA	15	17	16	15	17
108	MR.LB	19	M	UG	Nuclear	2.9	1.7	2.1	4.4	3.5		8.658926689		V DIS	10	LOW SELF ESTEEM	95	HIGH SA	21	16	24	16	18
109	MR.KV	23	M	PG	Joint	3.7	4.9	4.6	2.2	3		9.71146131		V DIS	17	NORMAL RANGE	89	MODERATE SA	22	12	16	19	20
110	MR.PR	23	M	PG	Joint	3.2	4.1	2	2.5	4.4		8.216119737		V DIS	14	LOW SELF ESTEEM	85	MODERATE SA	11	21	15	17	21
111	MR.MB	19	M	UG	Nuclear	3.6	4.8	1.6	4.4	3.6		10.56411787		V DIS	11	LOW SELF ESTEEM	86	MODERATE SA	19	21	14	20	12
112	MISS.ON	22	F	UG	Nuclear	2.9	4.6	3	2.3	1.7		11.3702292		V DIS	14	LOW SELF ESTEEM	92	HIGH SA	20	16	15	20	21
113	MISS.HY	22	F	UG	Nuclear	2.8	3.4	4.9	1.7	1.3		12.03094931		V DIS	14	LOW SELF ESTEEM	96	HIGH SA	17	14	17	26	22
114	MISS.LL	24	F	PG	Nuclear	3.4	4.7	2	3.2	3.6		10.21780726		V DIS	16	NORMAL RANGE	90	HIGH SA	15	22	21	15	17
115	MR.NP	26	M	PG	Nuclear	2.7	1.4	3.7	4.7	1.1		11.93401914		V DIS	16	NORMAL RANGE	93	HIGH SA	20	17	18	20	18
116	MR.JV	23	M	PG	Joint	3.2	1.8	4	3.8	3.3		8.356076559		V DIS	9	LOW SELF ESTEEM	84	MODERATE SA	20	15	17	14	18
117	MISS.FD	20	F	UG	Joint	2.8	1.2	2	3.3	4.8		14.0897271		V DIS	14	LOW SELF ESTEEM	88	MODERATE SA	16	22	22	10	18
118	MISS.CT	24	F	PG	Nuclear	2.7	2.3	3.9	1.4	3.3		13.72004171		V DIS	18	NORMAL RANGE	92	HIGH SA	20	20	20	15	17
119	MR.TW	20	M	UG	Joint	2.8	2.6	2.5	3.5	2.6		12.31615283		V DIS	16	NORMAL RANGE	92	HIGH SA	14	21	21	20	16
120	MISS.RP	25	F	PG	Joint	3.6	2.1	3.5	5	3.6		11.20484504		V DIS	14	LOW SELF ESTEEM	95	HIGH SA	17	18	22	18	20
121	MR.FU	25	M	PG	Joint	3	4.3	3.5	1.6	2.8		18.0091443		V DIS	15	NORMAL RANGE	87	MODERATE SA	20	16	16	16	19
122	MISS.GX	20	F	UG	Joint	3	2.4	3.1	3.1	3.2		15.69992362		V DIS	15	NORMAL RANGE	104	HIGH SA	27	15	22	22	18
123	MISS.PX	23	F	PG	Joint	3.2	2.1	1.4	4.5	4.8		19.37867851		V DIS	11	LOW SELF ESTEEM	93	HIGH SA	14	19	22	15	23
124	MISS.JD	25	F	PG	Joint	3.5	3.2	4.3	4	2.5		14.59920983		V DIS	17	NORMAL RANGE	98	HIGH SA	19	25	16	19	19
125	MR.MU	21	M	UG	Nuclear	3.1	1.6	2.3	3.8	4.8		16.42209352		V DIS	16	NORMAL RANGE	69	MODERATE SA	18	15	8	17	11
126	MISS.BI	26	F	PG	Nuclear	3.6	4.2	1.7	3.8	4.6		15.04655406		V DIS	18	NORMAL RANGE	81	MODERATE SA	16	16	12	15	22
127	MISS.RN	22	F	UG	Nuclear	1.7	1.3	1.2	2.4	1.8		17.46412521		V DIS	14	LOW SELF ESTEEM	92	HIGH SA	22	17	15	19	19
128	MISS.KT	26	F	PG	Nuclear	3	4.9	3.4	2.2	1.3		18.23521011		V DIS	17	NORMAL RANGE	89	MODERATE SA	16	16	16	20	21
129	MR.KE	21	M	UG	Nuclear	3.4	4.1	3.7	4.2	1.4		19.85917977		V DIS	17	NORMAL RANGE	82	MODERATE SA	18	16	15	16	17
130	MR.UR	25	M	PG	Joint	2	1.8	1.1	4.2	1.1		21.63501342		V DIS	18	NORMAL RANGE	83	MODERATE SA	19	16	16	15	17
131	MR.MW	26	M	PG	Nuclear	2.5	1	3	4.5	1.4		14.72046242		V DIS	12	LOW SELF ESTEEM	86	MODERATE SA	24	18	19	10	15
132	MR.JG	19	M	UG	Nuclear	3.6	4.3	1.9	4.7	3.7		20.57820826		V DIS	13	LOW SELF ESTEEM	82	MODERATE SA	19	16	13	16	18
133	MR.GW	19	M	UG	Nuclear	2.9	3.8	3.6	3	1.3		18.48811158		V DIS	13	LOW SELF ESTEEM	78	MODERATE SA	20	14	17	12	15
134	MR.QK	22	M	UG	Nuclear	2.7	3.9	1.7	3	2.3		16.31087046		V DIS	18	NORMAL RANGE	88	MODERATE SA	15	17	15	23	18
135	MISS.KL	22	F	UG	Nuclear	4.1	4.1	3.8	4.2	4.4		15.12813957		V DIS	12	LOW SELF ESTEEM	102	HIGH SA	17	24	18	22	21
136	MISS.CF	26	F	PG	Nuclear	2.1	1.3	2.5	3.6	1.1		19.47844401		V DIS	13	LOW SELF ESTEEM	85	MODERATE SA	19	20	13	13	20
137	MR.SH	19	M	UG	Nuclear	3.8	2.4	4.7	3.8	4.3		17.59528503		V DIS	15	NORMAL RANGE	91	HIGH SA	18	16	22	15	20
138	MR.GT	23	M	PG	Joint	2.4	1.5	1.6	4.2	2.1		19.05199035		V DIS	12	LOW SELF ESTEEM	86	MODERATE SA	20	18	15	16	17
139	MR.IZ	25	M	PG	Joint	3.2	4.5	2.4	4.6	1.5		20.7891645		V DIS	15	NORMAL RANGE	81	MODERATE SA	16	14	19	13	19
140	MR.AZ	26	M	PG	Nuclear	2.8	3.5	1.5	2.4	3.8		17.88018264		V DIS	13	LOW SELF ESTEEM	94	HIGH SA	20	16	20	16	22
141	MISS.HD	19	F	UG	Nuclear	3.2	2.3	4.7	2.5	3.5		15.02700367		V DIS	10	LOW SELF ESTEEM	90	HIGH SA	15	19	20	21	15
142	MR.IK	21	M	UG	Nuclear	2.9	1.3	4.5	1.4	4.5		19.85561092		V DIS	18	NORMAL RANGE	99	HIGH SA	24	19	19	18	19
143	MR.VW	22	M	UG	Nuclear	2.8	2.2	2	3.3	3.9		16.10163276		V DIS	16	NORMAL RANGE	91	HIGH SA	23	17	19	19	13
144	MISS.LR	26	F	PG	Nuclear	2.8	2.3	3.6	1.1	4.2		17.66770987		V DIS	13	LOW SELF ESTEEM	104	HIGH SA	15	28	23	23	15
145	MISS.VK	24	F	PG	Nuclear	3.3	3.9	4.3	2.9	2.1		18.99548173		V DIS	14	LOW SELF ESTEEM	103	HIGH SA	18	19	21	26	19
146	MR.NX	21	M	UG	Nuclear	2.9	3.6	3.2	3.2	1.7		21.31642917		V DIS	15	NORMAL RANGE	92	HIGH SA	20	18	13	19	22
147	MR.GE	25	M	PG	Joint	3.4	4.5	3.1	2.1	4		17.39465154		V DIS	15	NORMAL RANGE	87	MODERATE SA	13	19	11	24	20
148	MR.MC	25	M	PG	Joint	3.1	2.9	2	3.4	4.2		19.99659845		V DIS	19	NORMAL RANGE	96	HIGH SA	23	16	17	26	14
149	MR.LO	20	M	UG	Joint	2.2	1.5	1.4	1.1	5		21.56765058		V DIS	16	NORMAL RANGE	92	HIGH SA	20	17	16	19	20
150	MR.EZ	21	M	UG	Nuclear	3.1	3.9	4.6	1.1	2.7		20.4201067		V DIS	15	NORMAL RANGE	89	MODERATE SA	17	24	12	16	20
151	MR.WA	23	M	PG	Joint	3.8	4	4.6	4.3	2.5		17.8643448		V DIS	16	NORMAL RANGE	90	HIGH SA	25	12	18	15	20
152	MR.ED	26	M	PG	Nuclear	3.3	3.2	3.5	2.4	4.1		17.00222132		V DIS	14	LOW SELF ESTEEM	97	HIGH SA	15	22	18	21	21
153	MISS.XT	19	F	UG	Nuclear	2.6	4.1	2.4	1.5	2.4		15.22198817		V DIS	17	NORMAL RANGE	90	HIGH SA	13	16	14	22	25
154	MISS.AS	20	F	UG	Joint	3.3	3	2.4	3.1	4.7		16.05029056		V DIS	16	NORMAL RANGE	87	MODERATE SA	11	20	15	19	22
155	MR.QF	19	M	UG	Nuclear	3.9	3.1	3.9	4.1	4.4		17.14315391		V DIS	12	LOW SELF ESTEEM	85	MODERATE SA	20	13	13	23	16
156	MR.JA	25	M	PG	Joint	3	2.7	4.6	1.9	2.7		19.52742992		V DIS	16	NORMAL RANGE	89	MODERATE SA	20	17	14	17	21
157	MR.RI	22	M	UG	Nuclear	3.3	1.1	4.5	3.5	4		18.05382066		V DIS	17	NORMAL RANGE	79	MODERATE SA	16	14	17	16	16
158	MISS.BP	23	F	PG	Joint	2.7	1.4	4.1	1.3	4		16.16706347		V DIS	14	LOW SELF ESTEEM	88	MODERATE SA	14	16	19	21	18
159	MR.TQ	23	M	PG	Joint	2.7	1.4	2.5	4.5	2.2		19.32811007		V DIS	19	NORMAL RANGE	101	HIGH SA	22	20	21	20	18
160	MISS.EI	20	F	UG	Joint	3.8	4.6	3	3.1	4.7		17.95531862		V DIS	14	LOW SELF ESTEEM	87	MODERATE SA	18	20	16	12	21
161	MR.NO	26	M	PG	Nuclear	3.8	3	3.8	3.4	4.9		20.41736321		V DIS	14	LOW SELF ESTEEM	89	MODERATE SA	16	18	16	15	24
162	MISS.UT	21	F	UG	Nuclear	3.2	4.3	1.2	2.6	4.8		17.71853946		V DIS	14	LOW SELF ESTEEM	95	HIGH SA	19	20	15	21	20
163	MR.FG	26	M	PG	Nuclear	2.6	2.3	4.2	1.2	2.9		21.19442599		V DIS	10	LOW SELF ESTEEM	100	HIGH SA	15	21	19	24	21
164	MR.CM	26	M	PG	Nuclear	3.7	4.6	3.5	2.3	4.4		21.30939194		V DIS	15	NORMAL RANGE	90	HIGH SA	16	17	18	18	21
165	MR.KE	22	M	UG	Nuclear	3.1	2.6	1.3	4.2	4.4		19.89130938		V DIS	14	LOW SELF ESTEEM	73	MODERATE SA	21	13	13	15	11
166	MISS.UZ	23	F	PG	Joint	2.2	1	4.5	1	2.3		17.03845929		V DIS	14	LOW SELF ESTEEM	90	HIGH SA	13	15	23	18	21
167	MISS.YM	20	F	UG	Joint	4	4.6	4.7	2.3	4.3		18.58746348		V DIS	15	NORMAL RANGE	113	HIGH SA	25	26	25	18	19
168	MISS.FS	23	F	PG	Joint	1.6	1.4	1.2	2.6	1.1		17.65192578		V DIS	12	LOW SELF ESTEEM	105	HIGH SA	19	18	19	25	24
169	MISS.WB	21	F	UG	Nuclear	2.7	2.3	2.1	3.1	3.4		15.68536389		V DIS	18	NORMAL RANGE	97	HIGH SA	19	23	20	18	17

170	MISS.WJ	25	F	PG	Joint	3.9	4.8	4.2	4.7	1.9		18.59804204		V DIS	14	LOW SELF ESTEEM	83	MODERATE SA	14	18	20	13	18
171	MR.KM	22	M	UG	Nuclear	3.2	4.8	4	2.4	1.5		19.71339463		V DIS	16	NORMAL RANGE	87	MODERATE SA	24	18	13	14	18
172	MR.CG	23	M	PG	Joint	2.2	3.3	1.7	2.4	1.3		14.68663884		V DIS	18	NORMAL RANGE	80	MODERATE SA	15	15	18	18	14
173	MISS.NZ	24	F	PG	Nuclear	3.3	3.5	1.8	4	3.8		19.57426885		V DIS	14	LOW SELF ESTEEM	107	HIGH SA	19	18	21	28	21
174	MISS.YC	24	F	PG	Nuclear	2.6	2.8	2.5	2.8	2.4		17.24332153		V DIS	11	LOW SELF ESTEEM	100	HIGH SA	20	22	17	21	20
175	MR.QE	20	M	UG	Joint	2.7	2.2	2.9	1.9	3.9		20.13553636		V DIS	17	NORMAL RANGE	92	HIGH SA	18	17	21	20	16
176	MR.HE	23	M	PG	Joint	2.5	2.3	3.5	2.8	1.3		21.62456278		V DIS	12	LOW SELF ESTEEM	104	HIGH SA	21	20	18	22	23
177	MR.AA	25	M	PG	Joint	2.5	3.7	2.5	1.6	2.3		17.38358558		V DIS	16	NORMAL RANGE	92	HIGH SA	19	21	17	19	16
178	MISS.TQ	20	F	UG	Joint	3	4	2.9	1.7	3.2		17.74340571		V DIS	17	NORMAL RANGE	86	MODERATE SA	20	22	15	14	15
179	MR.XJ	19	M	UG	Nuclear	3.8	4.2	4	3	4.2		18.94631368		V DIS	15	NORMAL RANGE	79	MODERATE SA	15	16	14	17	17
180	MR.IH	26	M	PG	Nuclear	2.6	4.2	1.1	2.7	2.3		15.82612631		V DIS	13	LOW SELF ESTEEM	90	HIGH SA	20	13	19	20	18
181	MISS.UB	20	F	UG	Joint	2.9	1.4	2	4.7	3.5		21.27113696		V DIS	16	NORMAL RANGE	94	HIGH SA	19	21	21	14	19
182	MISS.JP	19	F	UG	Nuclear	3.4	3	3.9	2.4	4.5		15.70980635		V DIS	14	LOW SELF ESTEEM	92	HIGH SA	18	18	21	20	15
183	MR.DW	24	M	PG	Nuclear	3.2	1.2	4.6	3.3	3.5		18.9619412		V DIS	12	LOW SELF ESTEEM	99	HIGH SA	19	25	23	14	18
184	MISS.FR	21	F	UG	Nuclear	2.9	3.2	3	3.5	1.9		18.90374236		V DIS	14	LOW SELF ESTEEM	85	MODERATE SA	18	11	17	18	21
185	MR.MY	20	M	UG	Joint	2	2.8	3.1	1.1	1.1		17.40607769		V DIS	13	LOW SELF ESTEEM	85	MODERATE SA	17	19	21	16	12
186	MR.SH	24	M	PG	Nuclear	3.6	4.6	1.4	3.7	4.5		17.04832875		V DIS	16	NORMAL RANGE	92	HIGH SA	13	20	18	21	20
187	MISS.AK	22	F	UG	Nuclear	2	2.4	2.8	1.7	1.1		18.23372438		V DIS	13	LOW SELF ESTEEM	96	HIGH SA	25	15	17	25	14
188	MISS.RD	22	F	UG	Nuclear	3.5	1.5	3.1	4.8	4.5		17.07092778		V DIS	17	NORMAL RANGE	99	HIGH SA	21	19	17	24	18
189	MR.ZD	23	M	PG	Joint	2.1	1.6	2	1.6	3.1		16.16517978		V DIS	17	NORMAL RANGE	80	MODERATE SA	17	17	16	14	16
190	MISS.IZ	20	F	UG	Joint	3.4	4	2.1	2.7	4.8		21.58196742		V DIS	14	LOW SELF ESTEEM	76	MODERATE SA	17	10	18	18	13
191	MISS.JR	23	F	PG	Joint	2.9	3.5	2.5	1.3	4.2		21.114039		V DIS	16	NORMAL RANGE	93	HIGH SA	21	18	21	20	13
192	MISS.FF	23	F	PG	Joint	3.1	1.4	1.1	5	5		15.37380111		V DIS	16	NORMAL RANGE	103	HIGH SA	26	21	12	21	23
193	MISS.SC	21	F	UG	Nuclear	2.2	1.3	2.3	3	2.4		17.2480626		V DIS	9	LOW SELF ESTEEM	87	MODERATE SA	21	16	18	14	18
194	MR.RN	22	M	UG	Nuclear	3.3	3.8	1.8	3.4	4.1		16.80502136		V DIS	11	LOW SELF ESTEEM	86	MODERATE SA	17	18	18	16	17
195	MISS.ZA	26	F	PG	Nuclear	1.9	1.3	2.3	1.3	2.6		20.97933759		V DIS	14	LOW SELF ESTEEM	93	HIGH SA	13	19	21	22	18
196	MR.ME	20	M	UG	Joint	3.2	4.3	1.5	4	2.9		16.44281978		V DIS	12	LOW SELF ESTEEM	91	HIGH SA	22	10	16	24	19
197	MR.VE	19	M	UG	Nuclear	3.4	3.8	4.6	1.8	3.5		15.44052172		V DIS	15	NORMAL RANGE	91	HIGH SA	15	24	15	16	21
198	MR.NR	22	M	UG	Nuclear	3.4	1.3	3.4	4.6	4.5		15.50607774		V DIS	13	LOW SELF ESTEEM	78	MODERATE SA	14	16	15	22	11
199	MISS.ZW	22	F	UG	Nuclear	2.9	1.3	3.7	1.8	4.9		20.02151675		V DIS	16	NORMAL RANGE	83	MODERATE SA	14	24	14	15	16
200	MR.PE	22	M	UG	Nuclear	3.8	4.9	4.2	1.8	4.1		20.69816414		V DIS	20	NORMAL RANGE	75	MODERATE SA	15	20	14	12	14
201	MISS.OJ	23	F	PG	Joint	2.3	2.5	3	1.1	2.7		19.6908601		V DIS	16	NORMAL RANGE	92	HIGH SA	23	13	19	17	20
202	MR.FZ	24	M	PG	Nuclear	2.3	2.5	1.3	2.9	2.7		19.3398574		V DIS	14	LOW SELF ESTEEM	94	HIGH SA	22	19	19	19	15
203	MR.TN	20	M	UG	Joint	3.7	4.3	3.1	3.3	4		17.33988274		V DIS	15	NORMAL RANGE	82	MODERATE SA	12	20	21	18	11
204	MISS.AP	24	F	PG	Nuclear	2.8	4.8	3.3	1.3	2		20.76253086		V DIS	16	NORMAL RANGE	78	MODERATE SA	12	16	21	15	14
205	MISS.IT	23	F	PG	Joint	3.6	4.9	4	4.1	1.4		21.55240891		V DIS	16	NORMAL RANGE	81	MODERATE SA	17	21	12	16	15
206	MISS.BR	22	F	UG	Nuclear	3	4	2.7	2.8	2.4		18.35424026		V DIS	15	NORMAL RANGE	84	MODERATE SA	17	18	12	20	17
207	MISS.XR	20	F	UG	Joint	2.3	2.5	1.5	3.1	2.1		20.31668682		V DIS	12	LOW SELF ESTEEM	81	MODERATE SA	16	15	16	16	18
208	MISS.ZT	24	F	PG	Nuclear	2.1	1.3	2.1	2.8	2.2		19.53118908		V DIS	16	NORMAL RANGE	94	HIGH SA	21	20	20	15	18
209	MR.PO	26	M	PG	Nuclear	2.8	4.1	2.5	2.6	1.9		20.11260146		V DIS	12	LOW SELF ESTEEM	109	HIGH SA	22	21	21	22	23
210	MR.HS	24	M	PG	Nuclear	2.8	3.2	3.6	3.2	1.2		18.02334277		V DIS	15	NORMAL RANGE	84	MODERATE SA	15	20	18	20	11
211	MR.GY	26	M	PG	Nuclear	2.2	2.7	3.3	1.6	1.1		15.1957306		V DIS	16	NORMAL RANGE	92	HIGH SA	19	14	22	16	21
212	MR.AB	24	M	PG	Nuclear	3.4	4.6	2.4	1.7	5		20.69236269		V DIS	16	NORMAL RANGE	89	MODERATE SA	15	14	23	17	20
213	MISS.HQ	23	F	PG	Joint	3.4	1.4	4.9	4.4	2.7		15.328659		V DIS	13	LOW SELF ESTEEM	84	MODERATE SA	16	17	20	17	14
214	MR.QU	24	M	PG	Nuclear	3.4	3	3.4	4.8	2.5		15.4091793		V DIS	15	NORMAL RANGE	84	MODERATE SA	19	13	14	20	18
215	MISS.PP	26	F	PG	Nuclear	2.3	1	1.9	2.5	3.7		15.26227278		V DIS	17	NORMAL RANGE	102	HIGH SA	18	23	15	22	24
216	MISS.OH	23	F	PG	Joint	2.1	2.9	1.4	2.1	1.9		14.74120838		V DIS	16	NORMAL RANGE	107	HIGH SA	26	23	15	20	23
217	MR.VM	20	M	UG	Joint	2.8	1.2	1.6	3.6	4.8		20.10953875		V DIS	13	LOW SELF ESTEEM	96	HIGH SA	12	19	21	22	22
218	MR.XM	20	M	UG	Joint	2.6	1.5	2	2.6	4.1		14.92267859		V DIS	16	NORMAL RANGE	91	HIGH SA	16	17	17	20	21
219	MR.FK	26	M	PG	Nuclear	1.4	1.5	1.6	1.1	1.4		15.91011488		V DIS	18	NORMAL RANGE	75	MODERATE SA	11	16	12	19	17
220	MISS.GH	25	F	PG	Joint	2.4	3.6	1.7	1.6	2.7		17.84396136		V DIS	12	LOW SELF ESTEEM	103	HIGH SA	27	23	16	21	16
221	MISS.FK	21	F	UG	Nuclear	3.6	4	2.1	3.9	4.5		19.57596068		V DIS	16	NORMAL RANGE	92	HIGH SA	16	17	20	21	18
222	MR.PK	23	M	PG	Joint	3.4	3.3	1.7	3.6	4.8		21.48639644		V DIS	12	LOW SELF ESTEEM	87	MODERATE SA	15	18	18	13	23
223	MISS.PA	22	F	UG	Nuclear	3.4	4.8	4.6	1.1	2.9		21.71774115		V DIS	16	NORMAL RANGE	96	HIGH SA	23	17	16	17	23
224	MR.KW	21	M	UG	Nuclear	2.3	2.5	1.3	1.9	3.5		21.682299		V DIS	20	NORMAL RANGE	92	HIGH SA	16	19	18	24	15
225	MR.QK	24	M	PG	Nuclear	2.2	2.1	3.1	1.9	1.7		15.14838612		V DIS	11	LOW SELF ESTEEM	86	MODERATE SA	17	14	15	21	19
226	MR.FW	24	M	PG	Nuclear	4	4.5	2.6	3.7	5		16.23785917		V DIS	21	NORMAL RANGE	90	HIGH SA	18	19	17	19	17
227	MISS.XA	21	F	UG	Nuclear	2.4	1.9	4.9	1.1	1.9		14.88591697		V DIS	12	LOW SELF ESTEEM	85	MODERATE SA	13	16	22	12	22
228	MISS.BX	22	F	UG	Nuclear	3.1	4.9	1.4	1.4	4.8		20.81392473		V DIS	17	NORMAL RANGE	94	HIGH SA	25	14	22	17	16
229	MR.AL	20	M	UG	Joint	2.8	1	2.6	4.2	3.6		19.28546776		V DIS	11	LOW SELF ESTEEM	89	MODERATE SA	10	20	16	20	23
230	MISS.SG	24	F	PG	Nuclear	3.7	4.9	4.9	1.7	3.4		19.42522944		V DIS	16	NORMAL RANGE	97	HIGH SA	22	21	18	19	17
231	MISS.VZ	19	F	UG	Nuclear	3.1	1.2	4.5	3.6	3.1		17.04086445		V DIS	14	LOW SELF ESTEEM	89	MODERATE SA	19	17	22	15	16
232	MISS.ET	19	F	UG	Nuclear	3.2	4.6	4.3	2	1.9		17.22792704		V DIS	17	NORMAL RANGE	100	HIGH SA	22	17	19	26	16
233	MISS.ST	25	F	PG	Joint	2	3.1	2	1.4	1.7		16.4522892		V DIS	15	NORMAL RANGE	90	HIGH SA	18	22	13	20	17
234	MISS.LY	26	F	PG	Nuclear	2.6	5	1.7	2	1.9		18.41303136		V DIS	16	NORMAL RANGE	89	MODERATE SA	21	14	20	18	16
235	MISS.DL	23	F	PG	Joint	2.6	1.3	3.7	3.9	1.7		21.52859005		V DIS	19	NORMAL RANGE	96	HIGH SA	14	17	20	19	26
236	MISS.QI	25	F	PG	Joint	4.1	3.2	4.7	4.4	4.1		14.68882592		V DIS	14	LOW SELF ESTEEM	96	HIGH SA	16	19	16	24	21
237	MISS.XH	19	F	UG	Nuclear	3.7	4.9	3.2	4.3	2.4		21.26937744		V DIS	18	NORMAL RANGE	81	MODERATE SA	22	13	12	20	14
238	MR.YM	21	M	UG	Nuclear	2.6	3.1	3.3	2.6	1.2		14.53481104		V DIS	16	NORMAL RANGE	87	MODERATE SA	19	12	21	17	18
239	MISS.GT	23	F	PG	Joint	3.6	3.5	2.1	3.7	4.9		15.15030435		V DIS	11	LOW SELF ESTEEM	85	MODERATE SA	16	17	18	19	15
240	MR.IQ	25	M	PG	Joint	3.6	3.8	4.1	1.8	4.5		15.6164738		V DIS	12	LOW SELF ESTEEM	101	HIGH SA	22	17	16	21	25
241	MISS.WV	25	F	PG	Joint	2.8	2.8	1.7	2.2	4.7		16.40703057		V DIS	12	LOW SELF ESTEEM	85	MODERATE SA	21	15	19	15	15
242	MISS.GQ	25	F	PG	Joint	3.8	3.5	2.3	4.6	5		27.90951851		V DIS	17	NORMAL RANGE	81	MODERATE SA	18	13	18	14	18
243	MISS.WB	23	F	PG	Joint	2.2	3.3	2.7	1.1	1.7		25.44658027		V DIS	17	NORMAL RANGE	92	HIGH SA	22	15	19	18	18
244	MR.ZL	26	M	PG	Nuclear	2.9	4.6	3	1.3	2.6		26.67287107		V DIS	14	LOW SELF ESTEEM	86	MODERATE SA	22	18	17	11	18
245	MR.EL	26	M	PG	Nuclear	2.2	1.2	2	1.8	4		25.45934108		V DIS	21	NORMAL RANGE	92	HIGH SA	12	19	21	24	16
246	MR.GL	26	M	PG	Nuclear	2.1	2.1	1.5	1.1	3.8		25.03847732		V DIS	12	LOW SELF ESTEEM	89	MODERATE SA	16	21	18	20	14
247	MISS.MP	26	F	PG	Nuclear	2.9	4.8	3.4	1.7	1.6		27.01647008		V DIS	13	LOW SELF ESTEEM	73	MODERATE SA	10	20	13	10	20
248	MISS.MZ	21	F	UG	Nuclear	3.6	4.6	2.2	3.3	4.3		24.10088464		V DIS	17	NORMAL RANGE	79	MODERATE SA	16	18	13	15	17
249	MR.PD	21	M	UG	Nuclear	2.7	2.8	3.3	2.7	1.9		26.87481418		V DIS	17	NORMAL RANGE	98	HIGH SA	20	25	13	20	20
250	MISS.VF	25	F	PG	Joint	2.9	3.5	1.6	4.6	1.9		28.14815512		V DIS	16	NORMAL RANGE	81	MODERATE SA	14	20	19	13	15
251	MR.IB	21	M	UG	Nuclear	3.1	2.1	2.9	4.3	3.1		23.02105532		V DIS	18	NORMAL RANGE	94	HIGH SA	16	17	23	23	15
252	MR.GD	21	M	UG	Nuclear	2.7	1.8	3.1	2.4	3.4		28.85263534		V DIS	18	NORMAL RANGE	91	HIGH SA	16	19	25	16	15
253	MR.RD	26	M	PG	Nuclear	2.3	2.9	1.2	2	3.3		26.24261867		V DIS	15	NORMAL RANGE	92	HIGH SA	20	16	19	15	22
254	MISS.LP	25	F	PG	Joint	2.2	2.4	2.3	2.5	1.4		28.98164368		V DIS	14	LOW SELF ESTEEM	81	MODERATE SA	13	19	17	16	16
255	MR.DF	20	M	UG	Joint	3.2	3.3	1.5	3.4	4.5		24.41454597		V DIS	9	LOW SELF ESTEEM	88	MODERATE SA	15	18	14	15	26

256	MR.QO	21	M	UG	Nuclear	1.7	1.3	1.3	2.1	2.1		21.98813385		V DIS	9	LOW SELF ESTEEM	85	MODERATE SA	18	15	12	17	23
257	MISS.SD	22	F	UG	Nuclear	3.7	4.9	5	3.5	1.5		27.8029264		V DIS	13	LOW SELF ESTEEM	96	HIGH SA	22	16	17	21	20
258	MISS.UY	19	F	UG	Nuclear	3.6	4.9	2.3	2.6	4.6		28.6412827		V DIS	11	LOW SELF ESTEEM	94	HIGH SA	14	25	16	16	23
259	MR.GD	25	M	PG	Joint	4	3.8	4.2	3.2	4.8		28.44813526		V DIS	14	LOW SELF ESTEEM	96	HIGH SA	16	16	19	23	22
260	MISS.TF	19	F	UG	Nuclear	3	3.1	2	2.7	4.4		25.19820111		V DIS	12	LOW SELF ESTEEM	90	HIGH SA	19	13	19	21	18
261	MISS.NG	20	F	UG	Joint	3.1	2.2	3.7	2.2	4.2		22.55571125		V DIS	13	LOW SELF ESTEEM	93	HIGH SA	18	17	21	19	18
262	MR.EI	21	M	UG	Nuclear	4.2	4.3	4	4.8	3.6		23.69203269		V DIS	14	LOW SELF ESTEEM	85	MODERATE SA	14	19	18	19	15
263	MR.LF	23	M	PG	Joint	3.6	3.7	3.4	4.1	3.2		25.43671694		V DIS	17	NORMAL RANGE	90	HIGH SA	15	20	18	19	18
264	MR.RW	22	M	UG	Nuclear	1.9	1.7	2.9	1.6	1.3		28.51138428		V DIS	15	NORMAL RANGE	81	MODERATE SA	18	11	18	17	17
265	MISS.EJ	23	F	PG	Joint	3.6	4.6	2.6	4.5	2.6		26.38962635		V DIS	16	NORMAL RANGE	80	MODERATE SA	16	18	15	11	20
266	MR.JZ	23	M	PG	Joint	3	4.3	2.4	2.9	2.5		22.37210992		V DIS	16	NORMAL RANGE	88	MODERATE SA	25	15	16	13	19
267	MR.QW	21	M	UG	Nuclear	4	4.8	4.7	4.6	2		25.32009148		V DIS	12	LOW SELF ESTEEM	105	HIGH SA	19	25	17	23	21
268	MR.JV	21	M	UG	Nuclear	4.1	3.9	4.3	4.2	3.9		28.14364207		V DIS	14	LOW SELF ESTEEM	89	MODERATE SA	23	13	20	20	13
269	MISS.DN	26	F	PG	Nuclear	3.5	3.5	4.9	2.7	3		28.84340397		V DIS	17	NORMAL RANGE	84	MODERATE SA	15	19	18	16	16
270	MR.KR	26	M	PG	Nuclear	1.6	2.7	1.5	1.1	1.3		22.33712161		V DIS	16	NORMAL RANGE	84	MODERATE SA	13	14	17	23	17
271	MISS.CL	24	F	PG	Nuclear	3.2	4.7	3.9	2.1	1.9		27.84819816		V DIS	16	NORMAL RANGE	92	HIGH SA	13	23	19	16	21
272	MR.RA	20	M	UG	Joint	4	4.5	4.8	3.2	3.7		24.13936618		V DIS	12	LOW SELF ESTEEM	85	MODERATE SA	19	15	18	15	18
273	MR.MC	26	M	PG	Nuclear	1.9	1.2	1.7	3.5	1.3		24.42211997		V DIS	18	NORMAL RANGE	100	HIGH SA	21	16	24	19	20
274	MR.DT	26	M	PG	Nuclear	2.2	1.1	1.3	2	4.4		25.21926345		V DIS	13	LOW SELF ESTEEM	82	MODERATE SA	13	19	14	17	19
275	MISS.AK	19	F	UG	Nuclear	2.8	2.5	4	1.6	3		23.31851504		V DIS	18	NORMAL RANGE	101	HIGH SA	28	15	19	21	18
276	MISS.NG	19	F	UG	Nuclear	3.7	4.2	3.3	4.3	2.9		24.94766529		V DIS	19	NORMAL RANGE	83	MODERATE SA	18	15	16	17	17
277	MR.EI	23	M	PG	Joint	4.4	4.9	4.4	4.9	3.4		28.2688003		V DIS	14	LOW SELF ESTEEM	81	MODERATE SA	15	16	11	26	13
278	MISS.VD	19	F	UG	Nuclear	2.7	1.6	1.6	3.1	4.3		25.05814169		V DIS	13	LOW SELF ESTEEM	84	MODERATE SA	19	19	15	18	13
279	MISS.DW	26	F	PG	Nuclear	2.9	3.4	4.2	1.7	2.4		27.50528931		V DIS	15	NORMAL RANGE	88	MODERATE SA	14	21	18	21	14
280	MR.ID	19	M	UG	Nuclear	2.5	2.5	1.8	2.1	3.7		22.59954633		V DIS	14	LOW SELF ESTEEM	87	MODERATE SA	19	23	12	17	16
281	MR.XC	20	M	UG	Joint	2.8	4.9	1.7	1.1	3.3		28.98165047		V DIS	14	LOW SELF ESTEEM	80	MODERATE SA	18	15	17	18	12
282	MR.KI	19	M	UG	Nuclear	3.2	4.4	1.7	4.7	2.1		23.45350825		V DIS	15	NORMAL RANGE	93	HIGH SA	18	25	16	20	14
283	MR.LU	19	M	UG	Nuclear	3.7	4.4	4.3	1.5	4.5		28.25915752		V DIS	16	NORMAL RANGE	78	MODERATE SA	19	11	16	21	11
284	MR.AM	22	M	UG	Nuclear	3.5	2.9	3.7	3.3	4.2		26.62016464		V DIS	11	LOW SELF ESTEEM	96	HIGH SA	21	15	18	17	25
285	MR.FK	26	M	PG	Nuclear	2.9	2.7	3.1	2.1	3.6		26.46641463		V DIS	12	LOW SELF ESTEEM	89	MODERATE SA	19	18	23	20	9
286	MISS.ZS	26	F	PG	Nuclear	3	2.1	2.4	3.2	4.4		23.19845429		V DIS	14	LOW SELF ESTEEM	82	MODERATE SA	13	16	18	17	18
287	MR.JO	23	M	PG	Joint	3.4	1.2	4.5	3.6	4.5		26.43129197		V DIS	16	NORMAL RANGE	92	HIGH SA	15	24	17	21	15
288	MR.JQ	25	M	PG	Joint	3.8	4.5	2.6	4.3	3.8		23.0253922		V DIS	15	NORMAL RANGE	81	MODERATE SA	20	19	18	11	13
289	MR.NJ	19	M	UG	Nuclear	3.7	4.3	4.3	1.8	4.3		27.69637833		V DIS	12	LOW SELF ESTEEM	79	MODERATE SA	18	16	16	14	15
290	MR.PZ	21	M	UG	Nuclear	3.2	5	2.8	1	3.8		22.37444942		V DIS	10	LOW SELF ESTEEM	108	HIGH SA	23	23	20	18	24
291	MR.JC	25	M	PG	Joint	3.2	5	2.5	1.5	3.7		22.48889073		V DIS	17	NORMAL RANGE	90	HIGH SA	16	24	10	15	25
292	MISS.CP	19	F	UG	Nuclear	3.6	3.2	2.9	4.6	3.5		22.33978722		V DIS	15	NORMAL RANGE	87	MODERATE SA	19	20	18	16	14
293	MISS.SL	19	F	UG	Nuclear	3.7	4.1	2.2	4.5	4		21.80643996		V DIS	13	LOW SELF ESTEEM	76	MODERATE SA	17	17	13	14	15
294	MR.UZ	22	M	UG	Nuclear	3.4	4.8	4	3.4	1.6		23.26675551		V DIS	19	NORMAL RANGE	91	HIGH SA	15	21	19	21	15
295	MISS.WT	24	F	PG	Nuclear	3.8	4.4	3	3.4	4.5		26.09048533		V DIS	17	NORMAL RANGE	88	MODERATE SA	25	20	8	17	18
296	MR.FB	26	M	PG	Nuclear	3	2	1.9	3.7	4.5		24.17727461		V DIS	21	NORMAL RANGE	75	MODERATE SA	12	11	21	16	15
297	MISS.NS	19	F	UG	Nuclear	2.6	2.8	4.6	1.7	1.1		26.09009177		V DIS	13	LOW SELF ESTEEM	87	MODERATE SA	19	13	21	16	18
298	MR.UV	25	M	PG	Joint	3.2	1.5	2.5	4.7	4.3		23.4478795		V DIS	16	NORMAL RANGE	102	HIGH SA	20	27	21	17	17
299	MR.PT	22	M	UG	Nuclear	3	4.8	3.2	2.7	1.5		28.83047129		V DIS	15	NORMAL RANGE	75	MODERATE SA	17	11	19	13	15
300	MR.CH	26	M	PG	Nuclear	3.2	3.4	4.6	2.5	2.3		25.14118855		V DIS	18	NORMAL RANGE	99	HIGH SA	21	18	24	23	13
301	MISS.TH	20	F	UG	Joint	3.1	1.9	3.5	3.1	4		22.75131733		V DIS	12	LOW SELF ESTEEM	87	MODERATE SA	21	15	13	17	21
302	MR.PR	25	M	PG	Joint	2	3.7	1.5	1.2	1.6		28.05643871		V DIS	18	NORMAL RANGE	82	MODERATE SA	17	20	16	16	13
303	MISS.NS	25	F	PG	Joint	3.6	3.5	4.8	1.7	4.3		25.8443225		V DIS	18	NORMAL RANGE	84	MODERATE SA	16	22	16	14	16
304	MISS.HF	25	F	PG	Joint	3.6	2.4	3.5	4	4.3		24.82524146		V DIS	12	LOW SELF ESTEEM	89	MODERATE SA	16	23	15	20	15
305	MISS.HB	23	F	PG	Joint	2	1.5	2.3	1.3	3		22.43064129		V DIS	12	LOW SELF ESTEEM	70	MODERATE SA	13	10	16	15	16
306	MISS.PT	22	F	UG	Nuclear	2.4	3.7	1.6	3.4	1		23.47939746		V DIS	11	LOW SELF ESTEEM	80	MODERATE SA	14	11	22	17	16
307	MISS.YF	25	F	PG	Joint	2.8	3.1	4.2	2	2.1		24.6948568		V DIS	16	NORMAL RANGE	92	HIGH SA	20	19	23	11	19
308	MR.ED	22	M	UG	Nuclear	3.4	4.1	3.5	2.6	3.5		22.13356045		V DIS	19	NORMAL RANGE	88	MODERATE SA	21	20	13	13	21
309	MISS.MJ	19	F	UG	Nuclear	3.3	3.1	3.1	2.2	4.9		23.71496387		V DIS	18	NORMAL RANGE	97	HIGH SA	21	20	19	24	13
310	MR.RL	20	M	UG	Joint	3.7	4.4	4.6	2.4	3.5		25.15128235		V DIS	18	NORMAL RANGE	78	MODERATE SA	16	11	14	20	17
311	MR.RI	21	M	UG	Nuclear	3.3	3.2	4.2	3.9	2		24.27248332		V DIS	16	NORMAL RANGE	103	HIGH SA	17	25	18	22	21
312	MISS.IN	22	F	UG	Nuclear	2.6	3.2	1.6	2.2	3.5		22.71646464		V DIS	12	LOW SELF ESTEEM	86	MODERATE SA	20	18	15	16	17
313	MISS.ZC	25	F	PG	Joint	3.3	4.5	2.2	3.3	3.2		28.00261652		V DIS	13	LOW SELF ESTEEM	86	MODERATE SA	16	12	16	22	20
314	MR.VH	20	M	UG	Joint	2.9	2.6	2	2.9	4.1		24.32039569		V DIS	19	NORMAL RANGE	95	HIGH SA	17	19	20	20	19
315	MR.JN	19	M	UG	Nuclear	2.6	1.5	4	3.7	1.4		25.1725869		V DIS	15	NORMAL RANGE	87	MODERATE SA	19	20	17	19	12
316	MISS.LF	19	F	UG	Nuclear	2.7	1.1	1.1	4.7	4		24.34020868		V DIS	16	NORMAL RANGE	76	MODERATE SA	19	14	16	12	15
317	MISS.JL	23	F	PG	Joint	3.6	4	3.3	3.9	3.2		23.13365084		V DIS	14	LOW SELF ESTEEM	84	MODERATE SA	15	23	14	19	13
318	MISS.BT	19	F	UG	Nuclear	3.6	3.5	4	1.9	4.9		25.10846128		V DIS	14	LOW SELF ESTEEM	87	MODERATE SA	14	22	13	19	19
319	MISS.BJ	25	F	PG	Joint	3	3.8	4.5	1.1	2.4		24.71645065		V DIS	15	NORMAL RANGE	80	MODERATE SA	15	14	16	14	21
320	MR.JG	19	M	UG	Nuclear	2.4	1.9	2.4	2	3.5		27.25619494		V DIS	17	NORMAL RANGE	85	MODERATE SA	16	20	17	12	20
321	MISS.FB	25	F	PG	Joint	3.5	1.5	4.3	3.4	4.7		22.42929743		V DIS	13	LOW SELF ESTEEM	93	HIGH SA	16	20	19	21	17
322	MISS.CQ	21	F	UG	Nuclear	1.3	1.1	1.4	1.2	1.4		24.11764983		V DIS	14	LOW SELF ESTEEM	99	HIGH SA	19	15	18	21	26
323	MISS.PZ	23	F	PG	Joint	3.6	2.4	4.4	3	4.7		22.23486278		V DIS	11	LOW SELF ESTEEM	90	HIGH SA	18	17	20	19	16
324	MR.ZL	19	M	UG	Nuclear	3	3.4	1.5	3.4	3.8		26.37367865		V DIS	17	NORMAL RANGE	99	HIGH SA	20	20	14	25	20
325	MR.WQ	23	M	PG	Joint	2.2	2.6	2.6	2.3	1.3		26.15968669		V DIS	21	NORMAL RANGE	86	MODERATE SA	18	14	18	18	18
326	MISS.CR	21	F	UG	Nuclear	3.3	2.7	4.2	4.1	2.2		27.42603915		V DIS	13	LOW SELF ESTEEM	91	HIGH SA	13	19	18	17	24
327	MR.WZ	24	M	PG	Nuclear	2.8	4.6	1.6	1.4	3.8		23.07214576		V DIS	15	NORMAL RANGE	97	HIGH SA	20	16	15	22	24
328	MISS.EV	24	F	PG	Nuclear	1.7	2.4	1.9	1.3	1.3		23.86777257		V DIS	17	NORMAL RANGE	86	MODERATE SA	15	17	18	18	18
329	MISS.CV	19	F	UG	Nuclear	3.6	3.1	3.9	3.9	3.3		27.90969115		V DIS	20	NORMAL RANGE	91	HIGH SA	18	18	13	23	19
330	MR.NU	26	M	PG	Nuclear	3.4	4.1	3.9	3	2.4		26.97189286		V DIS	15	NORMAL RANGE	83	MODERATE SA	16	19	11	18	19
331	MR.FF	24	M	PG	Nuclear	3.4	2.6	3.6	3.8	3.5		28.87092407		V DIS	12	LOW SELF ESTEEM	89	MODERATE SA	12	20	21	17	19
332	MR.VG	23	M	PG	Joint	2.8	3.5	3.8	2.7	1.2		27.48970481		V DIS	11	LOW SELF ESTEEM	90	HIGH SA	18	19	19	17	17
333	MISS.CN	24	F	PG	Nuclear	3.5	4.4	3.2	2	4.5		25.49451163		V DIS	14	LOW SELF ESTEEM	90	HIGH SA	19	17	17	16	21
334	MISS.WF	23	F	PG	Joint	4	4.8	2	4.3	4.9		27.9408776		V DIS	10	LOW SELF ESTEEM	105	HIGH SA	24	20	20	20	21
335	MR.MK	26	M	PG	Nuclear	3.3	1.6	2.4	4.2	4.9		26.1326514		V DIS	18	NORMAL RANGE	94	HIGH SA	21	15	20	17	21
336	MISS.CL	19	F	UG	Nuclear	3.6	4.7	1.7	3.8	4		25.8421344		V DIS	18	NORMAL RANGE	84	MODERATE SA	21	14	16	17	16
337	MISS.WM	23	F	PG	Joint	2.8	3	4.6	2.1	1.5		21.99018285		V DIS	15	NORMAL RANGE	93	HIGH SA	24	21	11	18	19
338	MR.MQ	23	M	PG	Joint	3.2	2	3.3	3.4	4		27.63259849		V DIS	16	NORMAL RANGE	88	MODERATE SA	15	18	21	15	19
339	MISS.LC	20	F	UG	Joint	2.2	2.8	2.6	2.4	1.1		22.77528738		V DIS	15	NORMAL RANGE	71	MODERATE SA	21	14	9	15	12
340	MR.RF	21	M	UG	Nuclear	2.6	4.9	2.8	1.4	1.1		26.33651423		V DIS	9	LOW SELF ESTEEM	92	HIGH SA	20	17	14	21	20
341	MR.KU	26	M	PG	Nuclear	3.7	3	4.8	4.7	2.3		26.65007414		V DIS	13	LOW SELF ESTEEM	88	MODERATE SA	19	19	15	18	14

342	MISS.RI	20	F	UG	Joint	2.1	2.3	1.6	1.5	3		27.71715706		V DIS	14	LOW SELF ESTEEM	93	HIGH SA	22	17	18	16	20
343	MR.HO	21	M	UG	Nuclear	3.9	3.5	3.3	4.8	4.1		35.59361989		V DIS	15	NORMAL RANGE	85	MODERATE SA	14	19	13	20	19
344	MISS.FC	23	F	PG	Joint	2.9	2	3	2.8	3.7		29.21898041		V DIS	18	NORMAL RANGE	87	MODERATE SA	20	15	12	23	17
345	MISS.EA	20	F	UG	Joint	2.3	1.3	3.4	1.7	2.8		33.09592593		V DIS	15	NORMAL RANGE	92	HIGH SA	18	14	18	24	18
346	MR.ZF	20	M	UG	Joint	2	1.5	1.1	3.2	2.1		30.06448568		V DIS	19	NORMAL RANGE	95	HIGH SA	26	16	19	18	16
347	MR.HH	20	M	UG	Joint	3.9	1.5	4.5	4.5	5		34.8268581		V DIS	17	NORMAL RANGE	95	HIGH SA	14	20	17	22	22
348	MR.CJ	19	M	UG	Nuclear	3.2	1.6	4.7	3.9	2.7		31.9338492		V DIS	15	NORMAL RANGE	93	HIGH SA	23	19	15	22	14
349	MISS.XK	26	F	PG	Nuclear	3	1.6	3.3	4.2	2.8		34.31678715		V DIS	16	NORMAL RANGE	94	HIGH SA	19	14	19	22	20
350	MISS.SG	24	F	PG	Nuclear	3.2	3.6	3.8	3.6	1.7		35.41304451		V DIS	17	NORMAL RANGE	101	HIGH SA	25	19	21	20	16
351	MR.KY	24	M	PG	Nuclear	3.6	1.7	4.7	3.8	4.2		34.615217		V DIS	14	LOW SELF ESTEEM	88	MODERATE SA	20	17	21	16	14
352	MISS.UU	26	F	PG	Nuclear	3.6	2.4	3.8	4.4	3.8		31.92303089		V DIS	13	LOW SELF ESTEEM	90	HIGH SA	16	14	21	22	17
353	MR.ZX	24	M	PG	Nuclear	2.5	4.6	1.6	2	1.9		34.15708548		V DIS	15	NORMAL RANGE	107	HIGH SA	20	22	19	25	21
354	MR.ZW	21	M	UG	Nuclear	2.6	2.9	3.3	3	1.3		34.46123968		V DIS	18	NORMAL RANGE	102	HIGH SA	18	22	26	22	14
355	MISS.SN	22	F	UG	Nuclear	3.2	3.7	3.4	1.9	3.7		34.30751289		V DIS	14	LOW SELF ESTEEM	88	MODERATE SA	14	13	21	20	20
356	MR.DS	22	M	UG	Nuclear	3.2	1.7	2.7	5	3.6		31.56911166		V DIS	18	NORMAL RANGE	105	HIGH SA	22	21	22	19	21
357	MISS.KP	26	F	PG	Nuclear	3.2	1.8	3.9	4.8	2.1		30.91418664		V DIS	14	LOW SELF ESTEEM	96	HIGH SA	19	20	16	24	17
358	MR.PE	25	M	PG	Joint	3	1.2	4.7	1.2	4.8		34.69580671		V DIS	19	NORMAL RANGE	99	HIGH SA	23	19	25	13	19
359	MR.CG	21	M	UG	Nuclear	2.9	1.7	4.7	3.8	1.6		33.23006238		V DIS	13	LOW SELF ESTEEM	108	HIGH SA	21	20	17	25	25
360	MISS.RC	24	F	PG	Nuclear	3.1	2.1	2.8	4.7	2.7		30.30723061		V DIS	12	LOW SELF ESTEEM	97	HIGH SA	23	12	22	23	17
361	MISS.KP	23	F	PG	Joint	2.4	1.7	1.5	1.7	4.8		35.42772706		V DIS	9	LOW SELF ESTEEM	82	MODERATE SA	20	17	18	11	16
362	MR.PL	26	M	PG	Nuclear	3.1	1.4	4.9	3.3	2.7		35.21149856		V DIS	12	LOW SELF ESTEEM	86	MODERATE SA	19	16	14	18	19
363	MR.YP	21	M	UG	Nuclear	3.6	1.5	4.4	4.7	3.6		31.31746384		V DIS	14	LOW SELF ESTEEM	89	MODERATE SA	21	20	17	15	16
364	MISS.SW	26	F	PG	Nuclear	2	2.8	1.5	1.1	2.6		35.41432445		V DIS	15	NORMAL RANGE	97	HIGH SA	19	19	20	22	17
365	MR.DV	23	M	PG	Joint	3.1	1.8	4.7	3.8	2.1		33.23339045		V DIS	15	NORMAL RANGE	92	HIGH SA	18	13	21	23	17
366	MISS.UF	25	F	PG	Joint	4.9	4.7	3.4	1.1	3.5		32.94553649		V DIS	15	NORMAL RANGE	89	MODERATE SA	19	21	19	14	16
367	MR.BW	25	M	PG	Joint	2.6	3.5	2.2	1.3	2.4		29.71789046		V DIS	13	LOW SELF ESTEEM	91	HIGH SA	16	17	19	18	21
368	MISS.LH	23	F	PG	Joint	4.6	4.2	3.8	2.6	3.8		33.9299831		V DIS	18	NORMAL RANGE	95	HIGH SA	21	12	20	21	21
369	MISS.AJ	25	F	PG	Joint	1.9	2.9	4.4	1.5	2.7		30.85429536		V DIS	14	LOW SELF ESTEEM	103	HIGH SA	21	21	22	21	18
370	MISS.PQ	23	F	PG	Joint	1.9	1.5	4.1	3.3	2.7		34.08826848		V DIS	14	LOW SELF ESTEEM	93	HIGH SA	20	16	10	22	25
371	MISS.KZ	26	F	PG	Nuclear	1.1	1.5	1.2	3.8	1.9		30.50444536		V DIS	16	NORMAL RANGE	107	HIGH SA	22	21	27	16	21
372	MISS.SA	20	F	UG	Joint	3.6	3.7	2.9	4.2	3.6		33.16805971		V DIS	10	LOW SELF ESTEEM	93	HIGH SA	18	15	16	19	25
373	MISS.OU	26	F	PG	Nuclear	2.5	2.7	1.4	1.8	2.1		29.71659316		V DIS	19	NORMAL RANGE	83	MODERATE SA	15	14	20	13	21
374	MR.VX	25	M	PG	Joint	4.5	1.8	2	1.7	2.5		33.82037667		V DIS	17	NORMAL RANGE	88	MODERATE SA	16	20	9	24	19
375	MISS.GK	21	F	UG	Nuclear	2.9	3	4.9	1.4	3.1		31.47699028		V DIS	13	LOW SELF ESTEEM	94	HIGH SA	22	16	17	19	20
376	MISS.GY	24	F	PG	Nuclear	4.9	1.3	1.6	3.5	2.8		30.56498878		V DIS	12	LOW SELF ESTEEM	86	MODERATE SA	17	22	18	14	15
377	MR.A	21	M	UG	Nuclear	2.1	2	2.6	1.5	2.6		33.93662795		V DIS	17	NORMAL RANGE	44	LOW SA	9	10	10	8	7
378	MR.D	19	M	UG	Nuclear	2.2	1.2	3.3	1.5	3		31.91400814		V DIS	15	NORMAL RANGE	49	LOW SA	6	10	12	8	13
379	MR.NS	21	M	UG	Nuclear	1.7	1	1.6	1	3.2		30.2905647		V DIS	16	NORMAL RANGE	90	HIGH SA	20	19	21	11	19
380	MR.RV	20	M	UG	Joint	1	1	1	1	1		32.03369226		V DIS	15	NORMAL RANGE	91	HIGH SA	16	22	16	21	16
381	MISS.RP	19	F	UG	Nuclear	2.2	1.6	1.6	1.5	4.2		30.86815507		V DIS	16	NORMAL RANGE	63	MODERATE SA	12	15	9	9	18
382	MISS.PM	20	F	UG	Joint	1.8	1	2.3	1	3.2		31.24022752		V DIS	14	LOW SELF ESTEEM	67	MODERATE SA	9	14	7	19	18
383	MISS.JP	21	F	UG	Nuclear	2.7	4.6	2.3	1	2.8		29.95163318		V DIS	13	LOW SELF ESTEEM	75	MODERATE SA	19	15	15	10	16
384	MISS.NG	21	F	UG	Nuclear	5.8	2.2	4.6	8.5	8		33.36322737		V DIS	11	LOW SELF ESTEEM	82	MODERATE SA	16	20	17	14	15
385	MISS.T	24	F	PG	Nuclear	2.8	2.2	3	2	4		34.23769944		V DIS	18	NORMAL RANGE	66	MODERATE SA	14	14	14	11	13
386	MR.KS	22	M	UG	Nuclear	1.7	1.8	1	1	2.8		35.40375152		V DIS	12	LOW SELF ESTEEM	63	MODERATE SA	11	11	11	15	15
387	MISS.S	19	F	UG	Nuclear	1.8	1.8	1	1	3.4		30.93251468		V DIS	16	NORMAL RANGE	93	HIGH SA	15	20	19	24	15
388	MR.AS	19	M	UG	Nuclear	2.3	1	1	1	5.2		35.61389245		V DIS	15	NORMAL RANGE	87	MODERATE SA	15	19	18	22	13
389	MISS.CP	19	F	UG	Nuclear	2.2	1.8	2	1	4		31.48645646		V DIS	12	LOW SELF ESTEEM	89	MODERATE SA	15	21	19	17	17
390	MR.AW	19	M	UG	Nuclear	4.3	2	4.3	3.5	7.4		34.28000024		V DIS	17	NORMAL RANGE	91	HIGH SA	18	16	18	21	18
391	MISS.NS	22	F	UG	Nuclear	1	1	1	1	1		35.19361654		V DIS	20	NORMAL RANGE	68	MODERATE SA	18	15	11	13	11
392	MISS.AK	21	F	UG	Nuclear	2.1	1.8	2.6	1.5	2.4		34.38696299		V DIS	16	NORMAL RANGE	50	LOW SA	11	12	10	7	10
393	MISS.VT	19	F	UG	Nuclear	1.2	1.2	1.6	1	1		33.20564104		V DIS	12	LOW SELF ESTEEM	96	HIGH SA	21	20	19	17	19
394	MISS.SJ	22	F	UG	Nuclear	3.7	3	4.6	1	6		29.56096448		V DIS	16	NORMAL RANGE	55	LOW SA	10	14	6	15	10
395	MISS.SS	22	F	UG	Nuclear	3.1	4	3	1	4.6		31.46643324		V DIS	14	LOW SELF ESTEEM	81	MODERATE SA	18	15	16	15	16
396	MISS.S	21	F	UG	Nuclear	2.8	2.8	2.6	3	2.8		33.86958011		V DIS	13	LOW SELF ESTEEM	68	MODERATE SA	11	16	15	10	16
397	MISS.M	19	F	UG	Nuclear	2.6	1	3.3	2.2	3.8		32.77738788		V DIS	16	NORMAL RANGE	71	MODERATE SA	16	19	12	11	13
398	MISS .M	19	F	UG	Nuclear	1	1	1	1	1		35.32544403		V DIS	13	LOW SELF ESTEEM	51	LOW SA	9	17	7	8	10
399	MR.AK	23	F	PG	Joint	2.4	1.4	3.6	1	3.6		33.32209189		V DIS	14	LOW SELF ESTEEM	57	LOW SA	8	13	12	14	10
400	MR.RK	25	M	PG	Joint	1	1	1	1	1		35.07673644		V DIS	15	NORMAL RANGE	57	LOW SA	9	14	12	12	10
401	MISSGP	20	F	UG	Joint	3.7	4.6	5	2	3.2		34.54047926		V DIS	17	NORMAL RANGE	70	MODERATE SA	18	14	16	12	10
402	MISS.RT	23	F	PG	Joint	2.6	3.2	2.3	1	3.8		31.46598449		V DIS	17	NORMAL RANGE	67	MODERATE SA	12	14	14	14	13
403	MISS.S	19	F	UG	Nuclear	1.8	1.8	1	1	3.4		17.36165605		V DIS	15	NORMAL RANGE	56	LOW SA	8	10	8	16	14
404	MR.AS	19	M	UG	Nuclear	2.3	1	1	1	5.2		17.45067142		V DIS	16	NORMAL RANGE	90	HIGH SA	15	20	18	20	17